

2007-
2008

Hope for Health Health Catalog

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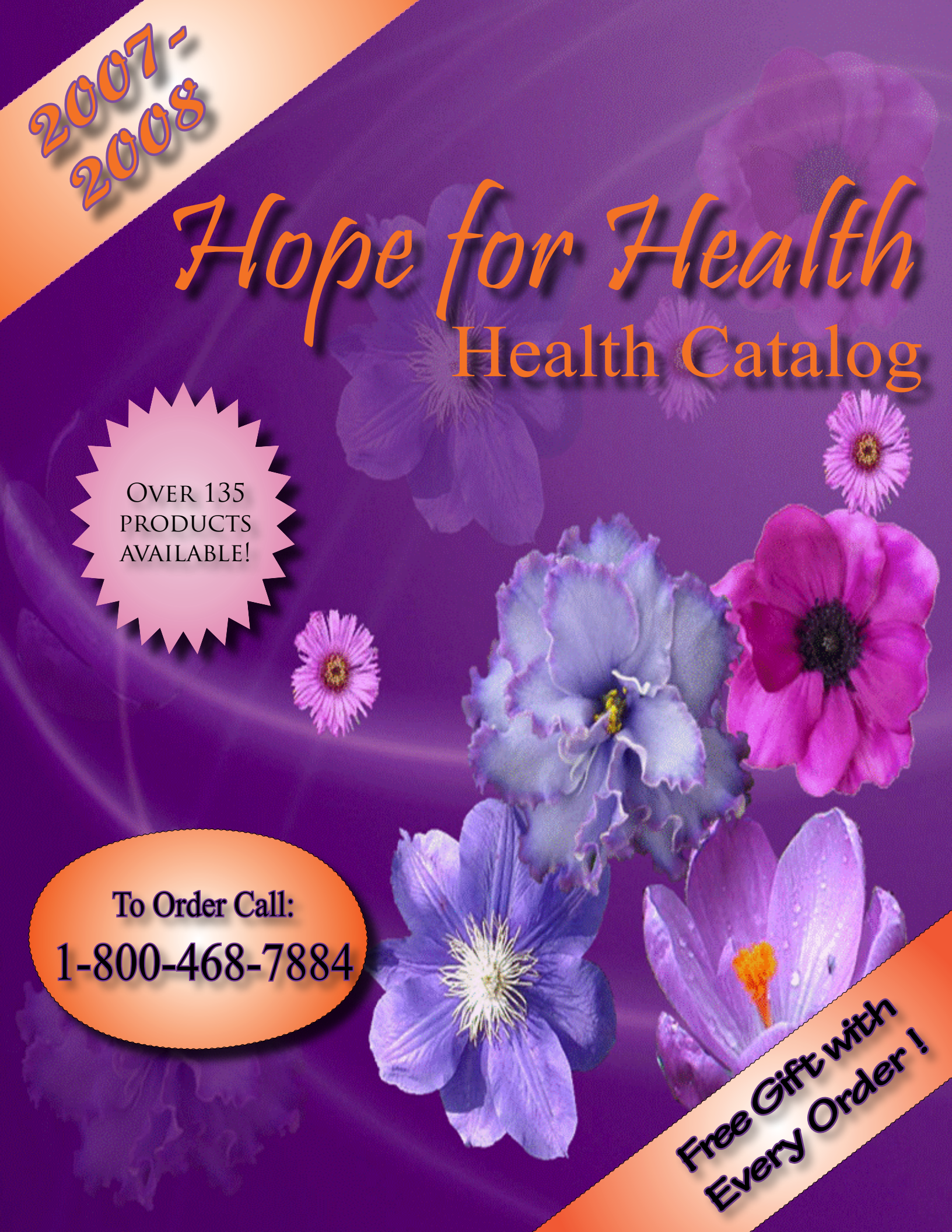




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Prices and products are subject to change without notice. We are not responsible for typographical errors in pricing or product information.

Return Policy

We will be happy to refund or replace damaged goods if returned within 15 days.

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Natural Remedies Encyclopedia

- Hailed the best reference book on natural remedies by physicians and layman alike.
- Over 11,000 inexpensive home remedies that cover over 730 diseases and disorders.
 - Find it fast indexes keep you from searching through reams of information to find that one item you need.
- Based on Research, Personal Medical Practice, plus the drugless, natural remedies of seven leading medical specialists of earlier times.
- Designed as an easy reference encyclopedia for the average person, yet similar in layout to medical reference manuals, the Natural Remedies Encyclopedia is an easy to follow but comprehensive reference manual for everyone to use.

About this book:

From toenails to tumors, fatigue to first aid the Natural Remedies Encyclopedia will address the simply occasional to the complex and serious.

Years of experience from a collection of physicians and natural healing professionals have been compiled and arranged in this beautiful asset to every home and office library. Unlike so many other natural health publications this book guides you through the basics of healthful living, the cause, effect and natural treatment of illness or injury with inspirational encouragement at the end of each section.

Detailed illustrations of numerous types of therapies with beautiful color photographs of common herbs give you all the reference you need without having to purchase companion books that overload your library and lighten your wallet.

Did you know that every time you cut your grass or take a walk through the woods you pass some of nature's finest healing agents? The wonders of nature and nature's healing remedies await your discoveries in the pages of this invaluable work.

A few of the many conditions addressed are:

- | | |
|---------------------|---------------------------------|
| ⌘ Fever | ⌘ Intestinal disorders |
| ⌘ Infections | ⌘ Natural Child birth |
| ⌘ Wounds | ⌘ Pregnancy |
| ⌘ Cancers | ⌘ Stress and Anxiety |
| ⌘ Poisoning | ⌘ Auto-immune diseases |
| ⌘ Diabetes | ⌘ Urinary tract problems |
| ⌘ Arthritis | ⌘ Sexually transmitted diseases |
| ⌘ Colds and the flu | ⌘ Major and Minor Skin Problems |
| ⌘ Heart problems | ⌘ And many more!! |
| ⌘ Low immunity | |

“Doctors Are The Third Leading Cause of Death in the US, Causing 225,000 Deaths Every Year.”

Taken from an article in the Journal of the American Medical Association (JAMA).

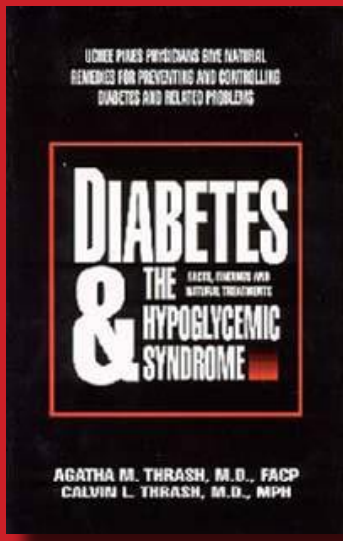
To put that into perspective, that would be like 540 fully loaded Boeing 747 aircraft crashing EACH YEAR (416 passengers each). And take into consideration, all of those plane crashes are in the US alone. Now, you're about to go on a trip...what mode of transportation are YOU going to use?

“If the United States is to be saved from catastrophic health care costs, it is time to take a good look at the wisdom and cost-effectiveness of alternative medicine.”

-John R. Lee, M.D.

Vance Ferrell
Hardcover, 840 pages
BEFV-NREN \$64.99

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Diabetes & The Hypoglycemic Syndrome

Agatha M. Thrash, M.D., FACP
Calvin L. Thrash, M.D., M.P.H.

† It is estimated that 7.2 percent of American adults (about 17 million people) have diabetes. According to the American Diabetes Association, 5.9 million of those people don't even know they have it. The prevalence of diabetes is increasing rapidly, at a rate of 7 percent per year. At this rate, the diabetic population will just about double every decade.

Karta Purkh Singh Khalsa, D.N.C., R.H.

† Over 9 million women in the U.S. have diabetes. And 3 million of them don't even know it!

Some natural treatments included in this book are:



- Special diets to reduce need for insulin
- Natural herbal remedies to lower blood sugar
- Specific exercises to improve circulation
- Lifestyle improvements to reduce drug dependence

Many new facts have come to light in just the past few years concerning onset and control of diabetes, including a different look at the complete diet (not just sugar), and controlling high and low blood sugar levels with some simple changes in lifestyle.

Drs. Agatha & Calvin Thrash have put pertinent current scientific information with nearly **40 years** of medical practice to culminate in this work that makes the treatment of diabetes and hypoglycemia within the reach of the average person.

Free GIFT with
EVERY ORDER!!

Paperback, 203 pages

BETA-DHSY

\$12.99

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Life at it's Best



Dr. Walter J. Veith
You will be captivated as professor, author, lecturer,
and world renowned scientist, Dr. Walter J. Veith
shares in this excellent series the latest research on
what constitutes a healthy diet.



In this 5 DVD set you will find:

•Life at it's Best

Are carbohydrates really fattening? How much protein do we need? Can one survive on the vegetarian diet? This is an exciting look at the significance of primary nutrients in the diet, such as: carbs, proteins, and fats. Walter Veith does a **fabulous** job in a very professional way explaining the importance of a whole food diet. This will be a delight for the whole family.

•Your Health - Your Choice

What influences do our lifestyle choices have on our health? We are living in a quick-fix society that relies heavily on drugs and stimulants to make it through the day. In this exciting program, the role of drugs and common stimulants such as tea and coffee are discussed. There is also a revealing expose on the role of food additives as causative factors in allergic reactions, hyperactivity, and disease.

•Sitting on a Time Bomb

The meat and dairy industry has dramatically changed over the last few decades. Farm animals are fed recycled dead and diseased animals, manure, and petrochemical waste. In addition, a host of drugs, such as antibiotics and growth stimulants are used in the industry. The consequences of these practices for human consumers are potentially **devastating**. In this program, the ramifications of the above practices, such as: antibiotic resistance, mad cow disease, and other infectious diseases are dealt with openly and frankly. You will never feel the same about **any** animal products again!

•Udderly Amazing

Are dairy products good for us? Do we need the "calcium" they supposedly provide? For centuries, we have been led to believe that dairy products should form an essential component of our diets. However, it is well known that many nations are dairy-intolerant, and that even dairy-**tolerant** nations are subject to many allergenic responses to dairy products. New evidence implicates dairy in not **only** allergenic responses, but in potentially **lethal** diseases, such as osteoporosis, leukemia, diabetes, and many others. Walter Veith, using the latest scientific findings, reveals the truth! **This** program, you will want to share with **everyone!**

•Health and Happiness

Does vegetarianism truly give you all the nutrients needed for a healthy lifestyle? Is it healthy to choose a vegan lifestyle, and are we sure of obtaining all the vitamins and minerals that we need, such as the B-vitamins? These issues and many other factors pertaining to a healthy lifestyle are discussed. Moreover, recipes and household tips are provided to make the transition to a vegan lifestyle not only simple but delightful.



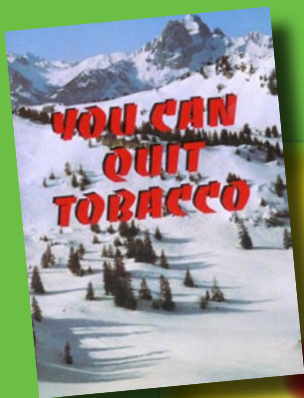
Dr. Walter J. Veith, B.Sc., M.Sc.,
Ph.D., is a Professor at the University
of the Western Cape where he holds
the chair of Zoology.

5 DVD discs, more than 7 hours
DEVW-LAIB **\$54.99**

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Browse or Order Online: www.hopeint.org Toll-free order line: 800-468-7884

You Can Quit Tobacco



One of the most COMPLETE books on quitting tobacco you can find! It is all carefully and simply explained to make it as easy to follow as possible.

This outstanding book includes:

- » Reasons why you must quit
- » Step-by-step instructions on how to quit
- » Ways to help you carry it through to success
- » Nutritional information that will help eliminate cravings
- » Weight control helps
- » And more!

Vance Ferrell, Paperback, 97 pages

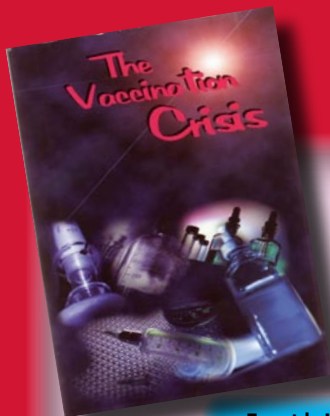
BEFV-YCQT **\$2.99**

10 or more \$1.50

100 or more \$0.40

You will be amazed to find how EASY it will be to stop smoking!

The Vaccination CRISIS



If you have a child, or a grandchild, or have a friend, this is an **invaluable** resource book for their health! We cannot stress enough how important the information in this book is! It contains a wealth of data on the potential dangers and effects of vaccines. It also provides outstanding information on how to deal with schools trying to enforce vaccines on your children.

In this book you will find:

- Invaluable sources of information for those who wish to avoid vaccination
- Important principles to keep in mind when confronting legal authorities with your concerns Schools and vaccination:
- If you are taken to court
- Important provisions of the NCVIA federal law
- Compensation provisions of that law—for those damaged by vaccines
- And more!

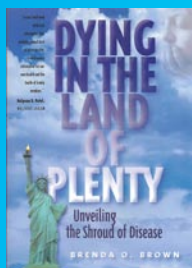
Vance Ferrell, Paperback, 304 pages

BEFV-VCRI **\$3.99**

YOU MUST READ THIS BOOK!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DYING *In The land of* PLENTY



Are you SICK and you don't know WHY? Do you NEVER seem to feel BETTER? Is your doctor UNABLE to help you?

This book may explain why.



Brenda Brown, health advocate and lecturer owns and operates Marpe Solutions, a company devoted to teaching healthy lifestyles.

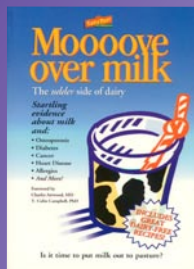
American people are dying a slow, virtually unknown, deliberate death. Our bodies are the battleground, and our immune systems are the target, in an ever present environmental attack. From the occupant of the highest office in the land, to the unemployment lines, students of Ivy League universities, to children in day care centers, no one in today's society is left unaffected. Chronic debilitating diseases are rampant in our world.

In her newly released book, *Dying in the Land of Plenty*, Brenda Brown unveils the shroud of disease as she shares her seemingly endless search for a diagnosis, her fight for survival, and her victory over seemingly insurmountable odds. The author has taken a journey into the depths of the unknown, into a world so horrifying, the details of events will forever be ingrained in her mind. Sharing her terrifying experience, she provides the protocol employed allowing her to reclaim her health after medical doctors had given up.

Brenda O. Brown, Paperback, 277 pages
BEBB-DILO **\$17.99**

THE TRUTH ABOUT "HEAVY METAL" POISONING.

Mooove Over Milk



Think you need milk for strong bones? Find out the truth. This book is a must-read for every mother and grandmother concerned about the health of their children. Find the startling evidence about milk and osteoporosis, diabetes, cancer, heart disease, allergies and more!

You will NOT believe what is contained in the pages of this book! Facts, figures, and information that everyone should be aware of. After reading this book, you will NEVER look at a glass of milk or a bowl of ice cream the same again. This book has caused more people to avoid dairy products than ANY other book that we are aware of. We've all seen the "Got Milk?" ads. Now, find out, the **rest** of the story.

- † ONE cubic centimeter (cc) of commercial cow's milk is allowed to have up to 750,000 somatic cells (common name is "PUS") and 20,000 live bacteria... before it is kept off the market.
- † That amounts to a whopping 20 million live squiggly bacteria and up to 750 MILLION pus cells per liter (bit more than a quart).

"The word is finally out despite the promotional efforts made by the dairy industry - Milk is hazardous to your health! MOOOve Over Milk is a comprehensive, easy to read book that should be read by everyone concerned about their health and the health of their family." John Westerdahl, MPH, R.D., CNS, nutrition director, Veggie Life Magazine.

Vicki Griffin/Dane Griffin, Paperback, 132 pages
BEGV-MOMI **\$12.99**

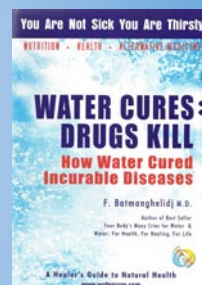
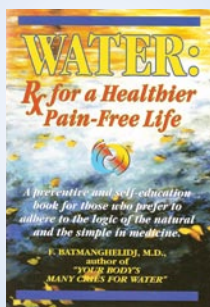
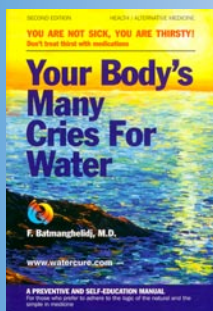
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Sit back, get a glass of Water, and Enjoy!

Dr. B's "You're not Sick, You're Thirsty" series of books:

"I am a research scientist. I have researched dehydration at the molecular level for the past 20 years. I have presented my findings at international conferences and been published in major journals. I have discovered a solution to many of the pains and diseased conditions of our society. It is not a money-maker, so no one is interested in it. So, I decided to take my information to the public."

My research has revealed that unintentional dehydration produces stress, chronic pains and many degenerative diseases. Dry mouth is not the only sign of dehydration, and waiting to get thirsty is wrong. Medicine has based its understanding on the presumption that it is solid matter in the body that regulates all functions of the body. I have explained scientifically, at the molecular level, that it is water that regulates all functions of the body, including functions of solid matter. 75 % of our bodies are composed of water. The brain is 85% water. It is water that energizes and activates the solid matter. If you don't take in enough water, functions of the body will suffer. Dehydration produces system disturbances. When I use the term "water cure", I am referring to curing dehydration with water."



This is an absolute must-read classic book on natural health. This groundbreaking book is the first of Dr. B's "You're not Sick, You're Thirsty" series of books. It introduces a new paradigm for preventing and treating many degenerative diseases. A self-help book that reveals new knowledge of the amazing health values of natural, simple water in maintaining optimum health.

Hardcover, 186 pages
BEBF-YBMH \$19.99

Paperback, 186 pages
BEBF-YBMC \$12.99

This 50-page handbook reveals the importance of water in disease prevention and its vital contribution to your personal health. A reader's digest version of Your Body's Many Cries for Water.

Paperback, 48 pages
BEBF-WRFH \$5.99

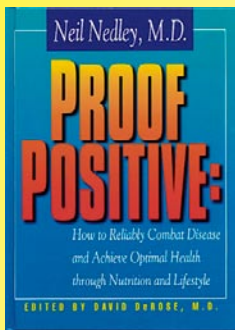
"Anytime you begin to adjust your water and salt intake, asthma will go away."

This 220-page book contains 180 pages of letters from the readers who have experienced radical improvement in their health after increasing their daily water intake. They tell stories of how you can benefit from this natural "water cure", and beg you not to subject yourself to invasive and toxic drug and surgical treatments.

Paperback, 226 pages
BEBF-WCDK \$12.99

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PROOF POSITIVE



Proof Positive tells, in easy to understand language, how to fight disease and achieve optimal health through proper lifestyle and nutrition. It offers outstanding resource material and is packed with eye-catching visual aids. Although comprehensive enough to serve as a medical reference manual, it's much too interesting to leave on the shelf!

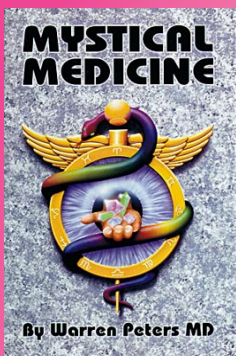
With this book, you can:

- Learn how to reverse heart disease, diabetes and blocked arteries
- Gain understanding about the relationship between melatonin and a good night's sleep
- Receive vital information about cancer prevention and boosting your immune system
- Understand the risks vs. the benefits of including fish in your diet
- And more!!

Each year at least:

4.9 million people die from tobacco use
2.6 million people die as a result of being overweight or obese
4.4 million people die due to raised cholesterol levels
7.1 million people die because of high blood pressure
17 million people die prematurely around the globe each year because of diseases that are LARGELY PREVENTABLE!!!!

Neil Nedley, M.D., Hardcover, 556 pages
BENN-PPOS \$49.99



Mystical Medicine

By Warren Peters, M.D.

Today there are many different modalities of healing that are being pressed upon us. Are reflexology, iridology, acupuncture, homeopathy, and many more, the way to **true** healing? This book delves into the beginnings of eastern mysticism and where many of these "healing methods" have come from. It is an invaluable resource for those who want to know where their healing modality comes from. You will be surprised to learn how many of these healing arts are actually based in the occult! You will want to share this book with everyone you know!

In this Book:

- New Age Success
- The Techniques
- The Pendulum and the Stick
- Acupuncture and Reflexology
- Applied and Behavioral Kinesiology
- Iridology
- Herbal Therapy
- The Roots of Healing Methods
- Putting it all Together
- Lifestyle for Health and Healing
- and much more!

Warren Peters, M.D.,
Paperback, 79 pages

BEPW-MMED \$6.99

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Browse or Order Online: www.hopeint.org Toll-free order line: 800-468-7884

Health Books

100% Organic Pest Control

Tom Roberts



What about the bugs? Do we have to live with bugs to have a nontoxic environment? This book answers all questions relating to pests and the control thereof!

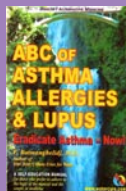
Paperback, 90 pages

BERT-10PC

\$10.99

ABC of Asthma, Allergies and Lupus

F. Batmanghelidj, M.D.



Absolutely astonishing and amazing! This book introduces a new discovery that unintentional dehydration causes many painful, degenerative diseases. It has easy to follow self-help ideas with logical advice. A must read for anyone with asthma! It explains the direct relationship between water deficiency in the body and allergies, asthma and lupus.

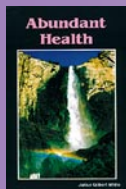
Paperback, 240 pages

BEBF-AOAA

\$14.99

Abundant Health

Julius Gilbert White, M.D.



The world is in dire need of better health. The philosophy of this book is to make use of those foods which aid in restoring a measure of the natural immunity to disease, which man possessed in the long ago.

Paperback, 477 pages

BEWJ-AHEA

\$9.99

All About Herbs, Charcoal, Medications, and Drugs

Ellen White



A knowledge of God's will can only be arrived at on this subject, just as with any doctrinal teaching, by a study of, and a harmonization of, all of the available counsel. Within this book Vernon Sparks has compiled Sister White's counsels regarding medications, herbs, stimulants, narcotics, charcoal, and related subjects.

Paperback, 214 pages

BESV-AAHC

\$9.99

Art of Massage, The

John Harvey Kellogg



Dr. Kellogg, whose life was dedicated for healing of the whole body, not only fully describes the techniques, but he discusses reasons for certain movements and disease conditions for which massage is useful. This is a classic manual, which both the learner and the practitioner will find enlightening.

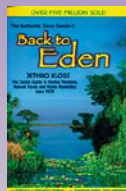
Paperback, 287 pages

BEKJ-AOMA

\$13.99

Back to Eden

Jethro Kloss



There is a wonderful science in nature, in trees, herbs, roots, and flowers, which man has never yet fathomed. From practical experience, the author, in this revised and expanded second edition explains how to be healthy mentally and physically.

Paperback, 886 pages

BEKJ-BTED

\$7.99

Animal Connection

Agatha Thrash, M.D./Calvin Thrash, M.D.



The authors have studied for over 20 years the effects of animals and their diseases on the human body. You may be surprised at some of their findings, and you may find out why you are sick!

Paperback, 110 pages

BETA-ACON

\$6.99

Bringing Seventh-day Adventists to the Test

Vernon Sparks, M.D.



What warning was given to Sister White regarding the healing ministry? "Many who have had great light will fail to walk in the light, because they have not become one with Christ." Dr. Sparks will help to prepare you for these end times.

Paperback, 64 pages

BESV-BSDA

\$5.99

Charcoal

Agatha Thrash, M.D./Calvin Thrash, M.D.



This book will tell you all the amazing ways of using charcoal. Every home should have some!

Paperback, 95 pages

BETA-CHAR

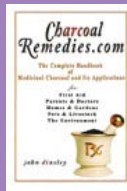
\$5.99

Free GIFT with
EVERY ORDER!!

Health Books

Charcoal Remedies.Com

John Dinsley



In a day when the fourth leading cause of death in America is due to adverse effects of properly prescribed drugs, many are asking, "Are there not safer alternatives?" Yes there are! This book will introduce you to one extraordinary yet simple natural remedy – activated medicinal charcoal.

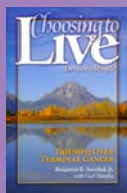
Paperback, 302 pages

BEDJ-CRCO

\$15.99

Choosing to Live

Benjamin Sanidad



Are you still wondering if there are any benefits to natural remedies? Read this true story of Dr. Ben's miracle! His choice of natural remedies, and his renewed faith in God, kept the author alive when he was given only months to live.

Paperback, 192 pages

BESB-CTLI

\$6.99

Clean Your House Safely & Effectively

Randy Dunford



Providing a natural, healthy environment for your family goes beyond what you serve at the table. This very useful resource book will give you new ideas about cleaning; using basic, readily available ingredients.

Paperback, 157 pages

BEDR-CYHS

\$8.99

Creator's Masterpiece, The

Vernon Sparks, M.D.



"Man is God's workmanship, His masterpiece, created for a high and holy purpose. If we are to maintain our bodies for a high and holy purpose, it would follow that we should have an understanding of how our bodies function. This is an easy-to-follow, fully illustrated overview of human anatomy and physiology. If you high school science class is a bit fuzzy, this is the perfect refresher course! A wonderful resource for the entire family to utilize!

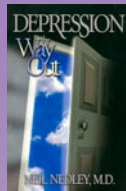
Paperback, 60 pages

BESV-CMAS

\$4.99

Depression the Way Out

Neil Nedley, M.D.



If you know of anyone who struggles with depression, you know how debilitating it can be. Dr. Nedley will explain to you how the brain works, and how to recognize the various forms of depression. You will then learn the important role nutrition and lifestyle play in managing and overcoming this disease.

Hardcover, 260 pages

BENN-DWOU

\$33.99

Diabetes and the Hypoglycemic Syndrome

Agatha M. Thrash, M.D./Calvin L. Thrash, M.D.



If you live in America, you probably know someone with diabetes. You may not know that it can be prevented and controlled using natural alternatives. This book authored by two Uchee Pines physicians is a culmination of 40 years of research and experience.

Paperback, 203 pages

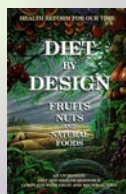
BETA-DHSY

\$12.99

See ad on
pg. 4

Diet By Design

Anonymous



The whole subject of health and the care given to the body is the most basic study the mind can engage. This book summarizes and expands the knowledge we have on healthful living in a very interesting and readable way.

Paperback, 246 pages

BEAN-DBDE

\$10.99

Malnutrition and starvation will kill approximately 14 million people this year. If Americans reduced their intake of meat by just 10 percent, the land, water and energy freed up from growing livestock feed would feed 100 million people. Turning grain into flesh is extremely wasteful. Twenty vegetarians can be fed on the amount of land needed to feed one person on a meat-based diet.

Free GIFT with
EVERY ORDER!!

Health Books

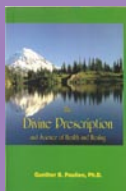


Diet of the Last Church, The Julius Gilbert White

Perhaps you have been asked, "How do you harmonize the teaching of a vegetarian diet with the Bible permission to eat clean meats, and the practice of the church in all ages?" This booklet answers this question and more!

Paperback, 15 pages

BEWJ-DOLC \$1.99



Divine Prescription and Science of Health and Healing, The

Gunther B. Paulien, Ph.D.

God helps those who help themselves. (CD 35) By knowing, understanding and applying God's "Laws of Health" we can restore our health when ill, and maintain our health when well. This beautifully written book is not a list of does and don'ts; it is a loving reminder of God's desires for the health of our bodies.

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Dr. Oski points out new and alarming medical facts about the world's most overrated nutrient. Complete with an up-to-date research appendix.

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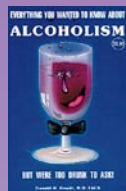
Brenda O. Brown

Brenda Brown, while on her journey from illness to wellness, has provided us within this book, a wealth of well-researched information of tremendous benefit to our health. This is a must read!

The symptoms you are experiencing today are signals from your body that all is not well. You are vulnerable. Needless surgeries and prescription drugs are all too often being hailed as the antidote for today's illnesses. In reality, however, they do nothing more than mask the symptoms and exacerbate the illness. Take action now, before you too, are called to combat in the front lines of your own health care. Your body was created to heal itself, given the proper elements. Your battalion lies with these pages. It is time to wage war!

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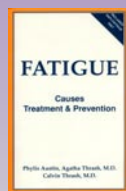
Everything You Wanted to Know About Alcoholism

Donald W. Hewitt, M.D., FACS

Here is a comprehensive examination of every facet of alcoholism, and how to effectively understand and combat it. It contains practical advice for anyone struggling with alcohol addiction, their friends, or families. Many of Dr. Hewitt's personal case histories are included.

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Agatha Thrash, M.D./Calvin Thrash, M.D./Phyllis Austin

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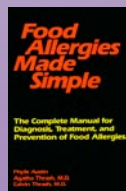
Final Work, The

Compiled by Vernon Sparks, M.D.

Do you know the health message? Do you realize that during these end times the health message is the best way to reach your friends and neighbors with the gospel message? Dr. Sparks has compiled over 500 Spirit of Prophecy quotations that will provide an excellent tool for personal or group study. This is The Final Work! Prepare yourself!

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Food Allergies Made Simple

Agatha Thrash, M.D./Calvin Thrash, M.D./Phyllis Austin

If you or someone in your family struggles with food allergies, this book will be a definitive source of information for you! It will help you determine what food may cause sensitivities, and how to go about eliminating those elements that may be causing problems.

Paperback, 67 pages

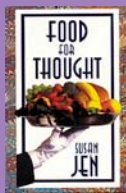
BETA-FAMS \$3.99

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on pg. 7

Health Books

Food for Thought

Susan Jen



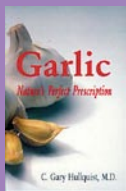
Is disease a matter of choice or chance? Do the principles, which govern nature, also apply to our bodies? Written by a health care professional, this book examines the importance of the food we prepare for our tables.

Paperback, 153 pages

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Get Well at Home

Richard A. Hansen, M.D.



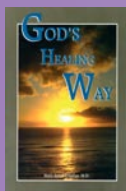
Do you realize that a combination of diet, exercise and fever therapy stymies many infections, boosting your body's immune defenses? This detailed handbook will give you how-to instructions on true preventive medicine. Don't spend a fortune on medical bills, get well at home!

Paperback, 449 pages

BEHR-GWAH \$16.99

God's Healing Way

Mary Ann McNeilus, M.D.



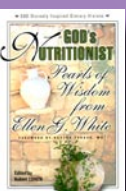
This simple yet profound study guide is designed to make medical missionary work more than a mechanical routine to be used for the sick and ailing. *God's Healing Way* inspires us to look to God as the Great Healer and to value simple remedies as priceless!

Paperback, 90 pages

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Ellen White



Whether viewed as a unique slice of history, a book of prophetic wisdom, or a relevant guide to everyday life, this book offers both a beacon of light and a path of truth. Herein you will be privileged to read 500 "pearls of wisdom" on the subject of nutrition.

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God's Solution

Colin D. Standish/Russell R. Standish



God does indeed have a solution for every aspect of our lives. This book explores the problems of depression, guilt and mental illness that debilitate so many lives. The authors believe the Bible should not only be used for spiritual guidance, but as the basis for emotional and mental health as well. Christ has invited all to come unto Him to receive rest.

Paperback, 229 pages

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Healing By God's Natural Remedies

Al Wolfsen



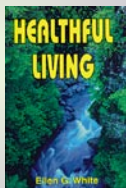
Here is a great book to acquaint your self with the eight natural laws of health! It is written in a very "user-friendly" style. Many diseases are indexed with the appropriate natural treatment to be used.

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Healthful Living

Ellen White



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Heidolore Kluge



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Health Books

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Agatha Thrash, M.D./Calvin Thrash, M.D.



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John J. Grosboll



The perfect book for those who really desire to kick the habit! Keep a couple in the car in readiness for an opportunity to share.

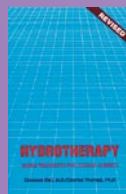
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Hydrotherapy

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Why go to the medicine cabinet for every ailment? Hydrotherapy helps your body effectively overcome common diseases by using simple treatments, without any harmful side effects! This book includes illustrated step-by-step instructions.

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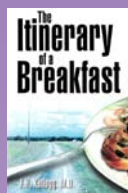
BEDC-HYDR

\$7.99

Approximately 90% of the medications prescribed can only help to suppress the symptoms of the disease, with NO ability to actually kill or fix the disease.

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If you have ever wondered what happens after your last swallow of breakfast, this is the book for you! You will learn how your breakfast travels through the food tube, the ten gates and beyond.

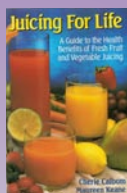
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Cherie Calbom/Maureen Keane



Fresh fruits and vegetables can boost your energy level, supercharge your immune system, and maximize your body's healing power! How can you achieve the greatest benefit from fruit and vegetables? Through juicing! This is an A-to-Z guide to using nature's bounty in the prevention and treatment of our most common health disorders.

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Donald Hewitt, M.D., FACS



Written by an expert in treating alcoholism; designed for the alcoholic, and for people desiring to know how to best help alcoholics and understand the complex problems that they face.

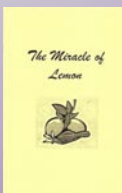
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M.E.E.T. Ministry



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M.E.E.T. Ministry



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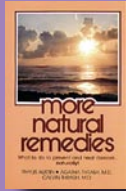
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Health Books



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Mooove Over Milk

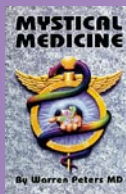
Vicki Griffin/Dane Griffin

Is it time to put milk out to pasture? This book is a resource of information, long overdue. It provides vital nutritional information, and gives scientific evidence, which raises serious questions regarding the consumption of milk. Discover startling evidence about milk and osteoporosis, diabetes, cancer, heart disease, allergies, and more! Includes great dairy-free recipes.

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Mystical Medicine

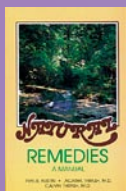
Warren Peters, M.D.

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Natural Remedies

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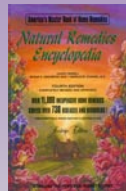
Natural Healthcare for Your Child

Agatha Thrash, M.D./Calvin Thrash, M.D./Phylis Austin

When it comes to our children, we want the best possible advice. This book offers trustworthy information about the prevention, cause, and treatment of diseases and ailments common from birth through the teenage years.

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Natural Remedies Encyclopedia

Vance Ferrell/Edgar E. Archbold, M.D./Harold M. Cherne, M.D.

This is a “must have” for all who are interested in God’s method of healing. It is the most comprehensive, easily understood health encyclopedias we have ever seen. There have been many accolades given this book as being the highest quality ever seen! In these last days, as we see more disease, less effective treatment by conventional medical methods, and increasing costs of traditional medicine, this book is a welcome assistant for the world’s need of caring and treating the body according to God’s plan.

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Natural Treatments for Hypertension

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Hypertension (high blood pressure) is the most common substantial public health problem in developed countries! This book discusses this significant problem, showing that an unhealthy lifestyle is one of the main factors contributing to this disease. You will learn what can be done to alter the effects!

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Nutrition for Vegetarians

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Health Books

Tobacco kills over 400,000 people each year...more than heroin, cocaine, alcohol, AIDS, fires, homicides, suicides, and automobile accidents COMBINED.



Poison With A Capital C

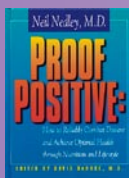
Agatha Thrash, M.D./Calvin Thrash, M.D.

The “brown drinks” are an insidious army of substances related to each other by their similar style of clandestine warfare against the human body. Their song is sweet, but the end is bitter indeed! The authors tell the problems with coffee, tea, colas, and chocolate.

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Protect Your Family Against AIDS

Jeff Wehr/Marlene Wehr

Through proper nutrition, exercise, and a positive attitude, we can cooperate with our immune system in fighting off disease. AIDS is not only preventable, but also reversible.

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Raw Food Treatment of Cancer

Kristine Nolfi, M.D.

Read this remarkable account of how a physician realized the importance of raw vegetables in the treatment of her own cancer! She has since learned the many other health benefits of a raw food diet.

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Simple Diet – A Spectacular Plan, A

Ellen White

“When a burden-bearer desires wisdom more than He desires wealth, power, or fame, he will not be disappointed. Such a one will learn from the great teacher not only what to do, but how to do it in a way that will meet with the divine approval.” This book will tell you the spectacular plan God has for your health!

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Simple Home Remedies

Agatha Thrash, M.D.

Within this book you will find the Who, What, Where, When, Why, and How of selected hydrotherapy treatments and other treatments in outline form. An indispensable manual for anyone conducting hydrotherapy treatments, or anyone wanting to learn!

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Katy Chamberlin

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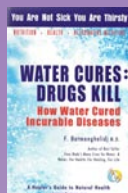
Leo R. Van Dolson, Ph.D., m.p.h.

How would you like to live longer, feel great, and look good? What's exciting is that you can—you really can! It isn't difficult – all you have to do is become acquainted with, and put in to practice the ten simple dynamic golden rules that are in this book.

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F. Batmanghelidj, M.D.

The book *Your Body's Many Cries for Water* introduced a medical breakthrough to the public: the awesome medicinal properties of a simple glass of water for the treatment of a vast range of human health problems. This new book will turn conventional medicine on its head. The revelations you'll read here will transform the practice of medicine all over the world.

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BEBF-WCDK

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Thousand Miracles Everyday, A

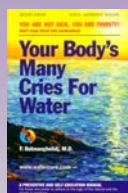
Jane Allen Quevedo

If you work in the health ministry, or you just love inspiring stories, this is the book for you! This book contains a selection of stories of miracles that shaped the mission and history of Adventist hospitals around the world, stories of "happenstance," perseverance and a deep well of divine providence.

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Your Body's Many Cries for Water

F. Batmanghelidj, M.D.

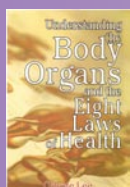
You are not sick you are thirsty! Don't treat thirst with medications! This is a preventive and self-education manual for those who prefer to adhere to the logic of the natural and the simple in medicine.

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Understanding the Body Organs and the Eight Laws of Health

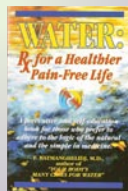
Celeste Lee

This book explains simply and concisely how the body organs function, how they relate to one another, and the benefits from following the eight laws of health. Excellent for home-schoolers!

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F. Batmanghelidj, M.D.

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Vance Ferrell

This book will open your eyes to the amazing story behind the vaccines that governments want to inject into your body or the body of your child. You will find here a wealth of facts about the adult vaccines (small-pox and anthrax) and nearly all the childhood vaccines. It is astonishing how many of them are dangerous! An immense number of source reference are included.

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Vance Ferrell

One of the most complete books on quitting tobacco you can find, carefully and simply explained. Includes reasons you must quit, how to quit step-by-step, ways to be successful, how to minimize cravings, weight control help, and more.

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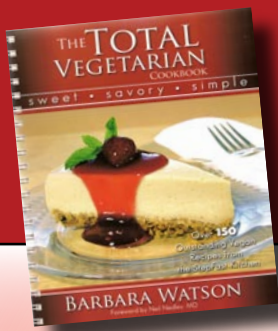
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The Total Vegetarian

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This full-color cookbook has over 220 pages of tasty, easy-to-make vegan recipes from one of the best health programs in the nation! It's your trouble-free resource to better health!



Featured Recipes

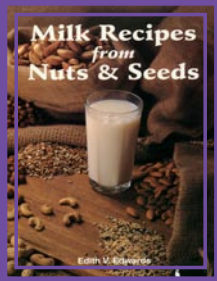
- Baked Tofu · Cappuccino · Carob · Mocha Mousse · Coconut Whipped Cream · French Onion Soup · Garden Burgers · German Carob Cake · Jack Cheese · Onion Rings · Maple Walnut Granola · Orange Cranberry Bread · Pecan Pie · Pita Pizza · Ruby Raspberry dressing · Stuffed French Toast · Stuffed Mushrooms · Tiramisu · Vanilla Ice Cream & More!



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Milk is *said* to be the perfect food and contains an excellent balance of proteins, carbohydrates and fats, along with some vitamins and minerals, especially calcium. WRONG! Not only is that wrong, but statistics show that 20 percent of North Americans (1 in 5) in general experience lactose intolerance. As a result, many suffer repeated sinus attacks, severe headaches, acid stomach and diarrhea. After many months of research and testing various kinds of nuts and seeds, the author has produced **excellent** recipes for replacing cow's milk. For delicious and healthy alternatives, try this book today!

Edith Edwards, Paperback, 108 pages

BEEE-MRFN

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Cook Books



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Julianne Pickle

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BEPJ-IVEG

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Absolutely Vegetarian

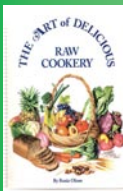
Lorine Tadej

No sugar, no visible fats, no dairy – this is a complete guide to maintaining a strict vegetarian life-style. Grains, fruits, nuts, and vegetables constitute the diet chosen by our Creator!

Paperback, 137 pages

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Art of Delicious Raw Cookery, The

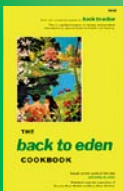
Roxie Olson

This totally raw food recipe book teaches how to prepare foods in the most simple and natural way, using no refined oils, grease, sugar, animal products, or processed super-market foods.

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BEOR-AODR

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Back to Eden Cookbook, The

Jethro Kloss

From the renowned author of *Back to Eden* comes this golden treasury of recipes and priceless information on natural foods for health and healing.

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BEKJ-BTEC

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Country Kitchen Collection

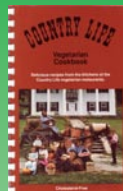
Phil Brewer/Eileen Brewer

Here you will find delicious and nutritious vegetarian recipes, with complete menus for daily meals as well as for the holidays and special occasions.

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Country Life Vegetarian Cookbook

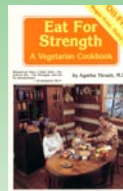
Diana J. Fleming

In this cookbook you will find a complete collection of luscious recipes for breakfast, lunch and dinner. The staff of Country Life restaurants has tested every vegetarian recipe included.

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Eat for Strength

Agatha Thrash, M.D.

A priceless book for vegetarians in search of dietary expansion or budding vegetarians in search of enlightenment; a work so expansive as to make it an invaluable reference as well as a valuable cookbook.

Paperback, 213 pages

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God's Plan: From S.A.D. to G.L.A.D.

Cookbook

M.E.E.T. Ministry

This cookbook is designed to provide practical instruction in proper nutrition and the art of proper hygienic food preparation for the sole purpose of helping you to enjoy true health physically, mentally, and spiritually.

Spiral bound, 248 pages

BEMM-GPFS

\$29.99



Leaves From the Tree of Life

Lee Heathman/Mildred A. Tillotson

This is a practical manual based on Biblical principles. Eight chapters are devoted to exploring the basic laws of health, showing how these principles can help enhance, and lengthen the individual's life. Also included are 71 pages of recipes to put these principles into practice!

Paperback, 84 pages

BEHT-LFTL

\$15.99

A good meal makes a man feel more charitable toward the world than any sermon.

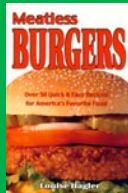
Arthur Pendenys



Cook Books

Meatless Burgers

Louise Hagler

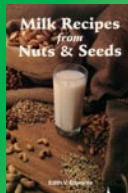


Is there such a thing as a healthy delicious burger? Yes! This book will show you how to easily transform a wide assortment of grains, beans, and vegetables into a truly wonderful, exciting, tasty burger. Paperback, 91 pages

BEHL-MBUR \$7.99

Milk Recipes From Nuts and Seeds

Edith Edwards



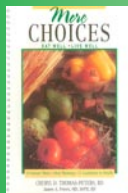
After many months of research and testing various kinds of nuts and seeds, the author of this book has produced excellent recipes for replacing cow's milk in food. This book is one of a kind!

Paperback, 108 pages
BEEE-MRFN \$7.99

*See ad
on pg. 18*

More Choices

Cheryl D. Thomas-Peters, R.D.



This cookbook focuses on achieving and maintaining a permanent, healthy weight. All the recipes are low fat and low-cholesterol, with non-dairy options, menu planning tips, and nutritional analysis.

Spiral bound, 140 pages
BEPC-MCHO \$13.99

My Personal Recipes

Bonnie Rickabaugh



A variety of 85 tried-and-true, taste-approved recipes that can be made without the use of vinegar, milk, eggs, cheese, or other dairy or animal products.

Paperback, 38 pages
BERB-MPRE \$2.99

NEWSTART Lifestyle Cookbook

Weimar Institute



According to God's Word, our bodies are the temples of God. The principles and ideas in this cookbook will help keep our temples healthy and vibrant for God's holy service.

Spiral bound, 230 pages
BEWI-NLCO \$16.99

Did you know that it takes about 300 gallons of water per day to produce food for someone who is totally vegetarian, but it takes more than 4,000 gallons of water per day to create the food needed to feed a meat-eater?

Of These Ye May Freely Eat

JoAnn Rachor



This is a practical and economical vegetarian cookbook of simple, healthful, and tasty meals. Includes over 250 delicious recipes!

Paperback, 86 pages
BERJ-OTYM \$2.99

Quick-n-Easy Natural Recipes

Lorrie Knutsen



Looking for simple, natural ideas? Here are delicious recipes that require only a handful of ingredients, and just minutes to prepare!

Paperback, 56 pages
BEKL-QNEN \$2.99

Raw Gourmet, The

Nomi Shannon



This is a complete guide to the living foods diet. Learn how fresh, non-cooked fruits, vegetables, nuts, seeds, and grains can boost your vitality without making any sacrifices to your palate.

Paperback, 215 pages
BESN-RGOU \$20.99

Recipes for Life

Rhonda Malkmus



This is a "how-to" manual on returning to God's original diet for mankind. Learn about the vital distinction between food that is dead and food filled with Life – Our gift from God.

Spiral bound, 356 pages
BEMR-RFLI \$20.99



Cook Books



Simply Vegan

Debra Wasserman

This is more than just a cookbook it's a lifestyle! Over 160 vegan recipes that can be prepared quickly! Menu planning, shopping help and more!

Paperback, 214 pages

BEWD-SVEG

\$10.99



Sprout Garden

Mark M. Braunstein

In this "Indoor Grower's Guide to Gourmet Sprouts" you will learn to grow over 50 kinds of healthful sprouts in your own kitchen. It has all the latest information on sprouts, sources for sprouting equipment and seeds, and a great collection of delicious recipes.

Paperback, 143 pages

BEBM-SGAR

\$10.99



Tastefully Vegan

Kathryn McLane, R.N./Gerard McLane

If you are looking for a new approach to vegetarian cooking, this may be the cookbook for you! It contains examples of beautifully planned meals divided into twelve different themes.

Spiral bound, 395 pages

BEMK-TVEG

\$18.99



Total Vegetarian Cookbook, The

Barbara Watson

More than 150 delicious, healthy recipes made from easy-to-obtain ingredients, you'll find it is trouble-free to dine your way to better health! These vegan recipes have exceptional taste and presentation, using no eggs or dairy products.

Spiral bound, 224 pages

BENN-TVCO

\$21.99

*See ad
on pg. 18*



Ultimate Uncheese Cookbook, The

Joanne Stepaniak

Enjoy all your favorite cheesy dishes without the cholesterol, animal products, and dairy allergens that can be harmful to your health! Make vegetables come alive with tangy uncheese sauces!

Paperback, 182 pages

BESJ-UUCO

\$12.99



Vegan Vittles

Joanne Stepaniak

Here is a wealth of innovative vegan recipes that are exciting, healthful, and simple to prepare! You'll find these amazing recipes perfect for every taste and occasion.

Paperback, 165 pages

BESJ-VVIT

\$10.99



Whole Foods for Whole People

Lucy Fuller

The recipes in this book are beyond comparison! This is not just a cookbook, but also a manual to teach people how they can live a longer, healthier lifestyle by using the natural resources that surround us.

Paperback, 109 pages

BEFL-WFWP

\$8.99



Veggie Book, The

Ray Foster, M.D./Frances Foster, R.N.

At Last! A simple easy to understand, "how to" book on becoming a vegan vegetarian! Included in this book are many recipes to start cooking vegan meals right away.

Paperback, 89 pages

BEFR-VBOO

\$3.99

The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all automobile accidents combined. If beef is your idea of "real food for real people" you'd better live real close to a real good hospital.

~Neal Barnard, M.D.

Testimonials



My husband has always had very severe allergies and is always draining *something*. He and I decided to try the clay. We started taking it a week ago, and already, in just this short period of time, he has seen amazing results. The mucus that was not only an annoyance, but also made it difficult for him to breathe, has already started to dry up. He can breathe better and feels much clearer.!

-Anonymous
Washington

About 6 years ago I injured my back while at work. This accident left me bedridden for an entire month. Finally I got better, but after that I was never able to sleep on my right side. When I tried to sleep or even lay on my right side, I couldn't because the pain was so severe. For 6 years now I haven't been able to sleep on my right side. I had tried all sorts of remedies to help, but nothing seemed to work. At the suggestion of a friend, I tried Flexi-loges. Let me tell you, my results were nothing short of miraculous! Within less than a week, I was sleeping comfortably on my right side. I was amazed. Even after I have stopped taking the Flexi-loges, the pain is still gone. Every now and then I also get a sharp pain in my sciatic nerve and all I have to do is take a Flexi-loges caplet and the pain subsides. I'm so thankful for the pain relief I've found with the Flexi-loges!

-S.H.
Tennessee

I have had acne and other skin problems for years. I have tried every face wash and lotion on the market and nothing seemed to help. I know diet is important, but I'm a vegan and I drink plenty of water so I didn't know where to turn. I started taking Swedish Bitters internally and also applying it externally on my face, and in a matter of about 3 days I saw drastic improvement. After only about a week my face had cleared almost completely. I can't thank you enough for sharing this information and bringing these inexpensive products to the public!

-M.C.
Texas

Though I have lived a very healthy lifestyle, in recent years my hectic schedule with a lack of adequate rest has kept me under a fair amount of stress, which in turn, lead to my contracting shingles. Shingles are very painful alone, but in addition I had a recurring pain in my hip and upper thigh that was so intense it would cause me to scream. The pain was almost more than I could stand and nothing brought relief from the discomfort of the shingles. Once I could feel pain in my hip and thigh starting, there was absolutely NOTHING that would stop it. It would get worse and worse until I would lay there in agony.

I ordered the Swedish Bitters and as suggested by the folks at Hope for Health, I started to use it for my conditions. When I felt the recurring hip and thigh pain start to build I immediately applied a poultice of the Swedish Bitters and for the FIRST TIME EVER, the pain was stopped short! Nothing had ever been able to stop this surge of pain when it had started in the past. Praise the Lord for His natural means!

-Anonymous
West Virginia

I have never been one who was a believer in vitamins. I have been told to try this one and that one and they will do this and that, but it never seemed to make much of a difference to me. As I have gotten older, I am noticing that my body does not respond to my wishes like it used to.

I have read all sorts of reports that we need so much of this vitamin or mineral and so much of that one. Vitamin C, garlic, potassium, selenium, B-6, B-12, etc. I began taking an assortment of these essential vitamins and herbs and the list seemed to grow and grow all the time, as did my "assortment." It got to the point that I had a baggy for all my pills that I needed to take each day. It got to be ridiculous.

Luckily, Hope for Health found a source for a



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What People are Saying...

multi-vitamin that has all “natural source” vitamins and minerals, higher quality vitamins and minerals, and that tests each batch for the highest potency and quality that can be found. I began to take the Mega Multi and have felt absolutely great ever since. I threw away my bag of vitamins and now just take the Mega Multi. I take them on every trip, every vacation, and even have them at work, just in case I forget.

This multi-vitamin really does work, is all natural, is ONLY from plant sources, and is 100% completely vegan. It is the only one I have found, through extensive searches on the internet, at any price! If you need a multi-vitamin, and I am told you cannot get the vitamins and minerals you need from your food alone, (even if you juice,) get this one as soon as you can!

-J.O.
Illinois

After years of working hard on the farm, in the home, at work, and now finally being retired, I noticed that I didn't have quite the “spunk” of my former years. I have always been used to working as long and as hard as I wanted or needed to. But lately, my body seemed to wear out before my work was done.

I called Hope for Health to ask what might be the problem, or how I could remedy the situation. The staff there gave me suggestions for a better diet, fresh air, exercise and some simple herbs to help me regain my lost vigor. The herbal supplement was called Anabol Loges. I was told to take one tablet with my breakfast and lunch meals. I was also told to never take one in the evening. I didn't notice any real change for the first two weeks but after the third week I began to feel the change. Then, one day I forgot to take the Anabol at lunchtime. I thought, what could it hurt to take it at the dinner meal? After all, I had missed the earlier dose so this would just make up for it.

Take my advice; follow the directions you are

given! I was up vacuuming at 2:00 a.m.! That herb has made a wonderful impact on my life and my work schedule. I feel great and have so much more energy! I would **highly** recommend it for any one who needs more energy and vigor. It has made all the difference in the world!

-D.O.
Minnesota

I had a toothache that was just killing me. I heard that Swedish bitters was supposed to help with toothaches, so I took a cotton ball soaked in bitters and put it next to my tooth. It didn't help at all! Then I remembered reading something about swishing it for a toothache. So I swished it around the tooth really good so that it got into all the little crevices. After swishing about 15 seconds, the pain was completely GONE! I didn't believe it, so I actually bit down hard on the tooth and pushed on it with my finger to see if it was really gone. Nothing I did made the pain come back! I was so relieved. Nothing I've used has ever helped tooth pain as quickly and effectively as the Swedish Bitters!

-Anonymous

I had severe sinus problems for quite some time. My head would feel so stuffy and start to pound, giving me a migraine. I had so much pressure in the sinus area that it would bring tears to my eyes. I heard a testimony about a woman who made a poultice of Swedish Bitters by just pouring the liquid on a rag and laid it across her nose and cheeks and she said it gave her tremendous relief of sinus pressure when other remedies had failed.

I was very skeptical, but ordered the Swedish Bitters anyway. I was **extremely** surprised when I put the poultice on my face. In a matter of minutes, liquid was oozing out of my nose. The pressure was going down and I began to feel relief. I did this about 3 times a day for 3 days. By the third day, the drainage was minimal and I felt great. I had not felt this relieved in months. They say that if it sounds too good to be true, it probably is. However, when it comes to the Swedish Bitters, it really IS that good!

-D.L.
Alaska

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Testimonials



In June of this year, I had a strange allergic response where I broke out with hives. Every few hours I would break out in another area of my body. It got so bad that I could not sleep at night because I was waking up itching all the time. I went to a doctor, who me to another doctor, who sent me to an allergy specialist, who decided that I had inhaled a toxin that was causing my immune system to react.

Instead of trying to find out what the foreign substance or toxin was and get rid of it, the doctor decided to use drugs to suppress my immune system. The doctor wrote a total of 7 prescriptions and sent me home. I began taking the drugs, but I was warned that for an entire year she should not be around anyone who was sick, because I could get sick very easily. But, even after I started taking the drugs, I still had breakouts every single day and night from June until the second week of September. I still had not slept for one whole night.

The second week of September I went to visit Hope International. While I was there, I had a breakout. It was getting red and puffy like it usually does and it started to itch really bad. I asked the nurse what to do, and she said to apply Swedish bitters topically. In less than a minute, the redness, swelling, and itching began to go away. I was amazed! Normally the breakout would last a couple hours before it went away, but the Swedish Bitters caused it to go away completely in just a couple minutes! Since I had such good results with the Swedish Bitters topically, the nurse suggested that I try taking it internally 3 times a day. Also, she said to take clay internally to help cleanse my system and absorb the allergens. I started clay and bitters the very next day and I only had a few outbreaks, but I still woke up during the night. She said to try taking a tablespoon of Swedish Bitters right before I went to bed and let her know the results. I couldn't believe it! I slept through a whole night without waking up!

Over 3 months and not ONE night of rest and now finally I slept through the whole night. You can believe, I continued to take the clay in the morning, Swedish Bitters 3 times a day, with a dose right before bed. Each day my symptoms lessened and lessened.

After only 5 days, I was no longer having any breakouts! I'm no longer having breakouts and I feel better than ever!

-Guest at Hope for Health

My son, Logan, was constantly struggling with respiratory problems. I was at the end of my rope and worried sick about my little toddler. The last diagnosis was severe bronchitis and pneumonia that we found was precipitated by the black mold and bad air in our NC home. I decided to try something new. I had tried different natural remedies and nothing seemed to have the "punch" that we needed to really make him feel better. So then I tried Toxi-loges Saft. I gave him 1/2 teaspoon per day and it cleared up the illness **within a week** and boosted his immune system SO much that after the week of treatment he remained strong and well for an entire year. The Toxi-loges Saft also was able to clear the fluid from his chest very quickly. I did find that his symptoms became worse for about 3 - 4 days as the infection cleared out, but then he got much better. I have found it to be an extremely powerful remedy and I always make sure to keep a bottle on hand! Praise the Lord that I have found a natural remedy that can help my little boy, because nothing is worse than seeing your child sick and knowing there is nothing you can do about it.



*-J.M.
North Carolina*

I have grown up doing a lot of outside work and lived on a farm for the summers when I was younger. Moving rock, baling hay, milking cows, working in construction, etc, was a normal routine for me. One day, several years ago, I bent over slightly to just help move a very small table. All of a sudden, I felt this jabbing pain in my back.

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What People are Saying...

It just so happened that there was a chiropractor across the street from where I worked and I hobbled over, in great pain, to see him. He put me on one of those adjustable tables and then proceeded to jump on top of me from (what felt to me) was like a 15-story building. The pain was excruciating, but I did begin to feel better. He told me that my rib had “popped out.” I had never heard of such a thing!

A few years went by and I was at home and I sneezed. The same pain was back. I had no intention of letting anybody jump on me again, especially from a 15-story building. So instead of going to the doctor, I took copious amounts of aspirin and laid on cold packs and hot packs. After about a week, I was better.

Two years ago I woke up with a start, thinking I was late getting up for a trip to the airport for some meetings. Again, my rib “popped out”. I get to the airport, feeling miserable, thinking about the pain I was going to be in for a week, and especially while I spoke all day Sabbath.

Our Naturopathic doctor here at Hope for Health suggested I try the Flexi-Loges product we offer to others for back and joint pain. As soon as we got off the plane and got our luggage, I took 5 tablets. (It was suggested that I take no more than three, but I was in a lot of pain) I took them for the rest of the evening, and when I woke up Sabbath morning, I was pain free! I keep them with me wherever

I go and I take one tablet daily to heal and repair the damage to my back.

I would highly recommend to anyone that if they are suffering from back, knee or joint pain, to give Flexi-Loges a try. I could not believe how well they worked for me, and it definitely beat the “swan dive” chiropractor. He “fixed” me temporarily, the natural herbs of God, I believe, are fixing me permanently!

-J.O.
Illinois

A few years ago I noticed that I was losing some hearing in one ear. It got progressively worse until, when I spoke on the phone, I couldn't even hold the phone to that ear anymore because it sounded like the person on the other end was whispering. At this point, I heard through Hope International that Swedish Bitters was good for a variety of things, including ear problems. So I decided to give it a try. I put Swedish Bitters on a cotton ball and put it in my ear and left it there. A few hours later I got a phone call from my husband. I was excited to see if I could notice any difference, so I picked up the receiver and held it up to my bad ear. To my surprise it sounded like my husband was **shouting** at me! It is a blessing to know God uses simple things to give us the help we need for a healthier life. My thanks to Hope International for sharing the information on Swedish Bitters with me and others!

-D.B.
Michigan

My husband and I were both very tired and almost lethargic feeling, so I called Hope For Health for advice. The woman I talked to suggested that we try the Swedish Bitters. What a surprise that was!! Not only did the Swedish Bitters help, but we **both** noticed a difference **the very same day** we started taking it! We were both so excited that I called that afternoon to let them know our results. After that first day, we were sold. Now we both take our bitters every day without fail. When people see me now, they ask what I'm doing and why I'm so peppy, and I tell them it's the Swedish Bitters!

-N.T.
Georgia

I love using the clay as a facial mask in the evenings before I go to bed! It leaves my face feeling really soft and clean. Directly following the clay mask, I use the Swedish Bitters salve on my face and sleep with it all night. In the morning my face feels so soft, and fresh!

-M.B.
Illinois

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Testimonials



I heard that Swedish Bitters was very good for cuts and scrapes and had used it for those things with good results. One day I had a sore spot inside my nose that was extremely painful. It felt like it was a small pimple. I figured if it would help acne on the face and other cuts and scrapes, that it couldn't hurt. I took a Q-tip and dipped it in the Swedish Bitters. Then I rubbed the area inside my nose. Immediately the pain decreased, but what was even more interesting was that less than ONE minute after I rubbed the bitters in my nose, I started draining all kinds of liquid! I didn't think I had any sinus pressure or anything, but when I rubbed the bitters in my nose, it opened me up so much and caused so much drainage that I was not expecting. It was just pouring out. Now, if I ever feel like I have any sinus pressure, I just dab a little Swedish Bitters inside my nose and it clears right up!

*-Anonymous
Tennessee*

My husband is a maintenance man, and one day severely burned the palm of his hand. He had heard about clay, and decided to try it, as he was desperate. He applied just a thin layer at first, not realizing that he should use a poultice. Even though he misapplied the clay, it still worked! The pain was gone instantly! He then applied a poultice in the proper way, and the burn healed in just a few days. The skin returned to its normal color and texture right away, there remained just trace evidence that the burn had occurred.

I knew of the success my husband had with the clay; so a year or so later when I burned my finger quite badly on the stove heat element, I tried the clay as well. The second I applied a small amount of clay, the pain, which had been severe, was gone! I applied more clay and wrapped it, and the next day, I had no pain, and there was no indication of the burn at all!

*-K.F.
Arizona*

I am 46 years old and for the past 3 years after becoming a vegan I started having some major digestive problems. Before trying the clay, I had tried all sorts of things trying to figure out what the problem was. I tried a salt water cleanse, Colonix brand colon cleanse, Roloids, and soda crackers. I limited my diet by staying away from wheat products, soy products, popcorn, and nuts. Finally, I went to the doctor thinking that maybe my problems were caused by parasites. I tried everything, to no avail.

My last resort was taking clay, but I just could not imagine drinking dirt! However, I decided, I really had no choice. I could either tuff it out and drink it, or spend \$1,000.00 on a colonoscopy. So I opted for trying the clay. Much to my surprise, it really had no taste at all.

When I first started on just the water portion, I felt a little queasy. But the second week when I stated to drink the slurry that feeling went away. After only a month I noticed that my stomach was much calmer and the pain that before had caused me to double over had now become tolerable. I even had less gas and bloating!

I have taken clay internally now for 4 months, and the pain, bloating, and gassy feeling is almost completely gone. This stuff really works, but you must be patient! I had eaten very poorly most of my life, with a candy store on each corner of my neighborhood as a child and a particular liking for pork and Slim Jims. I had abused my body for 43 years, so I really could not expect overnight results. Another thing that really helped when I had a lot of discomfort was taking Swedish Bitters along with the clay. This seemed to really take the edge off. I also noticed that now, any time that I go off of the clay, the problems start to come back. Now I make a point to never miss a day! Just make the clay apart of your morning regiment, you won't be sorry.

*-R.H.
Ohio*



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What People are Saying...

A few weeks ago, I scalded my hand with steam while cooking. The area was very painful to the touch, and even cool water caused an extremely sharp pain. Thankfully, I always keep a supply of clay paste on hand for emergencies, because when something happens, I want to have instant relief. So I applied clay paste to the area and covered it with a cloth.

Immediately, as the clay touched my skin, the pain subsided. I kept the area bandaged with a clay poultice for about three hours. Then I took the bandage off and washed the clay off to see how bad the burn was. To my amazement, the skin looked as if it had never been burned. No redness was seen and I had no sensation of pain at all. I could even move it and touch it without the slightest discomfort!

*-H.O.
Illinois*

I had a very small age spot on my arm and thought nothing of it. Over time it seemed to be getting larger, but I assumed it was normal and didn't really worry about it. Finally, it had gotten to be about the size of a dime. Still not too worried I just left it alone, thinking it was just part of getting older. Then it started to raise and change colors.

That is when I started to worry. As we all know, that is classic symptoms for skin cancer! I decided to try the clay poultice on it because I had heard that it could fade age spots but also dissolve

tumors. I applied a poultice every day and left it on all day long. At night I washed it off and in the morning put on a new poultice. Amazingly, after only **2 weeks**, the spot had shrank and faded SO much that my husband could not even see it at all. He couldn't even tell where it had been. I was so happy and relieved, I tell everyone to try the clay. Why not? It's easy and **it works!**

*-G.O.
Minnesota*

I am in the airports and on the planes sometimes every weekend. I am in contact with people, many of them with colds and the flu, all the time. When I am on the plane, the people are coughing and hacking and all of those nasty germs are taken into the ventilation system and blown right back on me. On top of that, all of the surfaces that everyone touches, the baggage, the tickets, the handrails, etc, were no doubt filled with germs.

As a result, I was catching some kind of bug all the time. I had tried Vitamin C but it didn't seem to help. The Health Center suggested that I try "C-Blast" to see if that might help. I told them that I tried Vitamin C and it didn't help. They were very kind and gently suggested again that I try their Vitamin C. So, reluctantly, I gave it a try. I could not believe what happened! From the day I began taking those pills, I have NEVER had another bout with the flu or even a cold, not once! In spite of how often I fly or who is sick around me, I do not get sick!

I am a firm believer in this product, and am convinced that if you want to boost your immune system, take the C-Blast and you will never be sorry you did. It is worth every penny I spend on it. I hate being sick, and now, following God's counsel about the 8 natural laws, and God's natural herbs, I no longer get sick. Praise the Lord!

*-J.O.
Kentucky*

I have had heart problems for a while, but lately I noticed it was getting worse. I couldn't even walk a short distance without my heart pounding in my chest and feeling like it was going to burst! A friend told me that the Heart Maximizer was great so I gave it a try. Within ONLY 2 days my heart calmed down and I actually felt energized! I could walk long distances and my heart was fine. I am so impressed with the quick results I had from this product and I am continuing to enjoy the benefits. I feel so great, it seems like I've never even had a problem with my heart!

*-S.H.
Illinois*

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DISCOVER THE EXTRAORDINARY BENEFITS OF:

Swedish Bitters



A RECIPE CONTAINING 11 MEDICINAL HERBS FOUND BY A SWEDISH PHYSICIAN WHO DIED IN HIS 104TH YEAR IN A RIDING ACCIDENT.

In today's world of high-energy demand and ever more poorly nourishing foods, sustaining optimal health can be costly, time-consuming and very confusing. Fortunately, Swedish Bitters is one of those rare herbal recipes that can provide relief for almost any health challenge. A broad statement, you say? Indeed it is. But in a world brimming-over with "new and improved" products to deal with any ailment you can name - this one - Swedish Bitters - has withstood the test of time. And we do mean several hundred years! Swedish Bitters is indeed a product for all seasons - and all centuries — to come!

Swedish Bitters was originally developed as a digestive aid. However, the benefits that were subsequently discovered and realized since its creation, far, far outnumbered its original purpose. After 400 years, it is the most sought-after herbal remedy throughout Europe, found in practically every kitchen cupboard. No other remedy has stood the test of time as well as Swedish Bitters. It is truly worthy of the name, "The Long Life Elixir".

Here are just a few of the ailments and symptoms for which we and others have found Swedish Bitters to be used with success:

- | | | | |
|-------------------|-------------|------------------------|-----------------------|
| ☛ Acne or pimples | ☛ Dizziness | ☛ Gall bladder pain | ☛ Old wounds or scars |
| ☛ Anemia | ☛ Earache | ☛ Hand tremors | ☛ Rheumatic pains |
| ☛ Animal bites | ☛ Edema | ☛ Hearing loss | ☛ Ringing in the ear |
| ☛ Appetite loss | ☛ Epilepsy | ☛ Hemorrhoids | ☛ Sleeplessness |
| ☛ Burns/Scalds | ☛ Fainting | ☛ Hot, inflamed throat | ☛ Snoring |
| ☛ Colic | ☛ Fever | ☛ Indigestion | ☛ Stomach cramps |
| ☛ Constipation | ☛ Fistulas | ☛ Jaundice | ☛ Toothaches |
| ☛ Corns | ☛ Frostbite | ☛ Morning Sickness | ☛ Tuberculosis |

SWEDISH BITTERS:

- Works to purify the blood
- Energizes, yet soothes
- Cleanses the system by improving regularity - is a digestive aid that really works
- Helps to regulate the central nervous system
- Truly improves vitality - makes you feel good
- Reinforces your immune system to do its job of throwing off invaders
- Aids the liver and gall-bladder in their constant battle with dangerous toxins
- Has demonstrated remarkable healing properties in the stomach and digestive system

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

100%
Vegan

What makes Swedish Bitters so special?

Thanks to the synergistic effect of its 11 very special herbs, Swedish Bitters has the remarkable ability to adapt to the unique demands of your body's specific needs. Rather than applying one or two herbs to a specific ailment, this bitters formula takes herbal treatment to an entirely new level. It can be said, and rightly so, that there is hardly any illness where Swedish Bitters is not of benefit, or at least is effective as a basis for every treatment.

Aloe – This is used as a laxative and vermifuge (expels worms and parasites). It also relieves burns, sun-burn, wounds and insect bites. In menstrual disorders, it provides relief.

Myrrh – This herb has a direct anti-microbial effect that enhances the immune system, which makes it great to treat common colds and the flu. It is a powerful astringent that can be used for gingivitis and mouth ulcers. Also, it is very effective in treating problems of the sinus, pharynx, larynx and respiratory system. Myrrh helps support and accelerates healing of the digestive system, is a vermifuge, decreases flatulence, increases energy, and aids in menstrual disorders. When applied topically to wounds or boils, it accelerates healing and decreases pain.

Saffron - A natural sedative, saffron also relieves flatulence, stimulates the appetite, helps regulate menstrual flow, and treats uterine hemorrhage.

Senna Leaf- A natural laxative for constipation.

Camphor - Calms the nerves in hysteria, nervousness and neuralgia, stimulates the respiratory system, increases heart strength, and relieves rheumatism. A powerful anti-inflammatory, it also has great value in colds and chills and alleviates irritation of the sexual organs.

Rhubarb Root - Its astringent and antiseptic effect cleanses the digestive tract, removes debris, and helps relieve constipation.

Zedoary- Great digestive aide. It is used for flatulence, colic, and increases the strength of all digestive organs.

Manna – A gentle laxative, it also invigorates and energizes.

Theriac Venezian- Powerful anti-inflammatory and antioxidant, it helps with breathing problems and excess mucous, indigestion, diarrhea, edema, urinary gravel, and can be used topically to treat wounds.

Carline Thistle Root – It is very energizing and can be used to treat bronchitis, prostate problems and rheumatism. Also, it is a diuretic, antibiotic, and can be used to treat stomach problems.

Angelica Root – An energizing herb, it is used as an expectorant for coughs, colds, pleurisy and bronchitis. As a diaphoretic, it treats influenza and fevers. Angelica root also eases intestinal colic, flatulence, indigestion, rheumatic inflammations, and cystitis.

WE HAVE FOUND NO OTHER NATURAL HERBAL REMEDY THAT AIDS IN SUCH A BROAD SPECTRUM OF ILLNESSES.

SUGGESTED DOSAGE:

- For general health and well-being: 1 teaspoon 15 minutes before each meal (3 times a day)
- For serious illness: may increase up to 1 tablespoon 15 minutes before each meal (3 times a day)
- For help sleeping/to stop snoring: 1 tablespoon 1 hour before bedtime
- May be applied topically to cuts, bites, stings, acne, or applied as a poultice to sprains and strains.

PRICE:

250 mL: 13.99 HXSB-SBSM
500 mL: 26.99 HXSB-SBLG

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SWEDISH BITTERS

Tea, Soap, & Lip Balm

100%
Vegan

Swedish Bitters Tea

Want a steaming hot beverage in the morning? How about a nice warm cup in the evening. Instead of reaching for the usual herbal tea or other hot drink, try Swedish Bitters Tea. Not only is it a delightful beverage with a wonderful aroma, but it has many health benefits as well! With 11 powerful herbs, you can enjoy many of the health benefits of Swedish Bitters liquid, now in a tasty tea!

HXSB-SBDH \$9.99 per 8 oz. Jar (3.5 oz. Net Wt.)

100%
Vegan

Swedish Bitters Soap

Are you tired of looking for the perfect soap that is completely natural? We've got the answer! Relax and enjoy the wonderful 100% vegan Swedish Bitters soap by Hope For Health. This soap is made using a unique recipe that contains all the wonderful herbs you love in the Swedish Bitters liquid. It has been used to help with all kinds of skin problems, and is especially good for sensitive skin because it cleanses gently. It is perfume free and helps to maintain the skin's natural acidity. Use Swedish Bitters Soap for daily washing and showering! Try a bar today!

HXSB-SBSO \$3.99 per bar (3.4 oz.)

100%
Vegan

Lip Balm

Do you know what is in most lip balms? Trust us, you don't want to. Even just the coloring agent in many lip balms are made from the dried and pulverized bodies of cochineal insects. Our lip balm is 100% vegan and has nothing in it but cocoa butter, beeswax, and all-natural flavoring oils. We have 4 different flavors that go on smooth, and keep your lips moist all day long. Try all 4!

Vanilla	HXSB-LBVA	\$2.99 (.02 oz. tube)
Island Delight	HXSB-LBID	\$2.99 (.02 oz. tube)
Peppermint	HXSB-LBPE	\$2.99 (.02 oz. tube)
Cucumber Melon	HXSB-LBCM	\$2.99 (.02 oz. tube)

Start having smoother, softer lips today!

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Mud and salve

100%
Vegan

SWEDISH BITTERS MUD

“I can’t stand the pain!”

Have you ever said this? One of the greatest complaints from so many people is pain! It seems everyone is hurting! What do you do when you want to have relief, but you don’t want to take drugs?

We have the answer!

We have had phenomenal results from Swedish Bitters Mud! It is hard to say what all the benefits of using the Mud are but we have learned by experience that the relief from chronic and occasional pain is just short of miraculous. Once the Mud is prepared and applied as recommended, the effects are almost immediate. Sore, damaged muscles, joint fatigue, chronic back pain and so much more can receive benefit from a single application of a poultice of Swedish Bitters Mud. We have had personal experiences as well as many testimonies from others, from all walks of life, who have called to give glowing reports of the success of just one application of Swedish Bitters Mud.

If you suffer from pain, and have found no other relief than prescription medication, please give this natural, effective product a try. Within a few minutes you can feel the warmth as the Mud starts working on the affected area. Swedish Bitters Mud is the residual matter from making the tincture of liquid Swedish Bitters, so you get not only the pain remedy, but you also get the residual benefit of the 11 natural herbs being taken into your system as well, adding to your body’s arsenal of defenses against disease.

HXSB-SBMU \$19.99 per 8 oz. tub

100%
Vegan

Swedish Bitters Salve

Do you have dry or chapped skin? Are you buying products that don’t seem to be helping? We carry this new product that you will love. Swedish Bitters Cream - A high quality cream, which improves the blood circulation of the skin and reduces the problem of chapping. You can use it for a number of skin problems such as:

- ✓ Acne
- ✓ Burns
- ✓ Warts
- ✓ Bruises
- ✓ Wounds
- ✓ Psoriasis
- ✓ Eczema
- ✓ Chicken Pox
- ✓ Insect Bites
- ✓ Cuts and Scrapes
- ✓ Dryness and itching
- ✓ Poison Ivy, Oak, or Sumac
- ✓ And many more!!

HXSB-SBCR \$11.99 per 3.4 oz. Jar

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OLIVE OIL

**TRY OUR DELICIOUS EXTRA-VIRGIN OLIVE OIL TODAY!
MANY HEALTH BENEFITS FROM TAKING INTERNALLY AND EXTERNALLY!**

**DID YOU KNOW THAT OLIVE OIL IS NOT ONLY DELICIOUS, BUT ALSO HAS
MANY HEALTH BENEFITS?**

It has been shown to help:

- Lower blood pressure.
- Regulate and lower glucose levels in the body.
- Lower the risk of heart disease
- Reduce the level of LDL (bad) cholesterol
- Promote shiny, full-bodied hair and a healthy scalp
- Help to maintain mental faculties for a longer period
- Help to maintain healthy bones and prevents calcium loss.
- Increase the absorption of several vitamins including A, D, E, and K
- Stimulate the gall bladder to secrete bile, which helps to prevent gallstones
- Promote cellular growth which speeds healing, and helps the metabolism
- Revitalize dry or sun-damaged skin and prevent wrinkles when applied externally
- Help strengthen immunity since it contains 16% of the recommended daily allowance of Vitamin E
- Help with digestion and the absorption of nutrients that tends to slow as people age



WHY EXTRA-VIRGIN, COLD-PRESSED OLIVE OIL?

The beneficial health effects of extra-virgin, cold pressed olive oil are due to both its high content of monounsaturated fatty acids (which are good for you) and its high content of antioxidants (which fight the free radicals that cause cancer). Studies have shown that olive oil offers protection against heart disease by controlling LDL (“bad”) cholesterol levels while raising HDL (the “good” cholesterol) levels. No other naturally produced oil has as large an amount of monounsaturated fatty acids as olive oil. But while all types of olive oil are sources of monounsaturated fat, extra-virgin, cold-pressed olive oil, from the first pressing of the olives, contains higher levels of antioxidants, particularly vitamin E and phenols, because it is less processed.

TYPES OF OIL	MONOUNSATURATED (THE GOOD FAT)
Olive Oil	77%
Canola Oil	62%
Peanut Oil	49%
Corn Oil	25%
Soybean Oil	24%
Sunflower Oil	20%
Safflower Oil	13%

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OLIVE OIL AND IT'S EFFECT ON SPECIFIC DISEASES

•OLIVE OIL AND BREAST CANCER

In addition to being beneficial to your heart, there is evidence that it may also be able to help protect you from breast cancer. Researchers at the Harvard School of Public Health and the Athens School of Public Health studied the effects of olive oil on more than 2,300 women. They discovered that women who consumed olive oil more than once a day had a 25% lower risk of breast cancer, and in fact the female population of Greece is much less likely to die from breast cancer than woman in the United States. They believe the high concentration of the antioxidant vitamin E, as well as the polyphenols mentioned earlier contribute to this benefit. Olive oil contains 1.6 mg. of vitamin E per table-spoon, which has been proven to slow or stop cell damage.

Olive oil may actually prevent cancer, according to a study released earlier this year. The study showed that oleic acid, the main monounsaturated fatty acid in olive oil, can cripple a cancer gene responsible for 25 to 30 percent of all breast cancers.

•OLIVE OIL AND COLON CANCER

Spanish researchers suggest that including olive oil in your diet may also offer benefits in terms of colon cancer preven-tion.

•OLIVE OIL AND GALLSTONES

Olive oil activates the secretion of bile and pancreatic hormones much more naturally than prescribed drugs. Conse- quently, it lowers the incidence of gallstone formation.

•OLIVE OIL AND HEART DISEASE

Studies have shown that people who consumed 25 mL - about 2 tablespoons - of virgin olive oil daily for 1 week showed less oxidation of LDL cholesterol and higher levels of antioxidant compounds, particularly phenols, in the blood.

•OLIVE OIL AND BLOOD PRESSURE

Polyphenols are potent antioxidants which help arteries dilate, thereby reducing blood pressure. Ten grams of extra-vir- gin olive oil contains five mg. of polyphenols.



**Portuguese Olive Oil
Extra-Virgin
From the first cold pressing
All sizes come in GLASS bottles!**

8 ounce: \$9.99 (HXQL-OOI2)
16 ounce: \$15.99 (HXQL-OOI3)
32 ounce: \$22.99 (HXQL-OOI4)
64 oz. (1/2 gallon): \$29.99 (HXQL-OOI5)
128 oz. (1 gallon): \$49.99(HXQL-OOI6)

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PORTUGUESE SEA SALT

IS THERE REALLY A DIFFERENCE IN THE TYPE OF SEA SALT I BUY?!

What most people refer to as 'sea salt', is not sea salt proper – rather, it can be understood to be Sodium Chloride that has been extracted from the sea or ocean.

Salt, Sodium Chloride, is the second most commonly used raw material, just after oil. It is used in dozens of industrial processes -- to produce paints, PVC, glass, to melt ice off of roads -- any process that uses sodium or chloride will require salt). From all of the salt produced throughout the world, less than 3% goes toward food and food preparation. It is fairly standard for the companies that sell regular sea salt to serve, primarily, industrial customers. Industrial uses of salt, therefore, set the quality parameters, making the regular salt that reaches our table an industrial, not a human driven, product. This regular sea salt is produced in huge salinas that work mainly to precipitate sodium chloride to meet the demands of industry for sodium and/or chloride. The harvesting process is performed by heavy machinery such as bulldozers that come into direct contact with the salt. Gas, motor oil and hydraulic oil are released onto the salt when corrosion starts to degrade the machinery.

As you might imagine, this kind of salt must be washed before reaching the consumer. This process not only does not wash contaminants such as heavy metals or pesticides out of the salt, but also does wash out a good portion of the precious trace minerals that naturally occur in sea salt. The most important thing to consider with ordinary sea salt is the source -- both from assessing the impact of industrial processes as well as the purity level of the sea water used to create the salt.



OUR PORTUGUESE SEA SALT

Eighty-five of the earth's basic elements have been identified in sea water as either trace mineral ions or macro minerals, sodium chloride being the major one, comprising 89% of the total mineral content. The complex spectrum of macro and trace minerals found in sea water is the result of the interaction of natural forces that include volcanic eruptions, chemical weathering of rocks, oceanic hot springs, interactions with the atmosphere and transport by rivers.

Water is compatible with more substances than any other solvent known to man. The minerals contained in seawater are fully dissolved. These minerals do not exist within water as tiny floating particles; rather the water molecules align in such a way as to maintain dissolution. The trace elements of seawater should not be underestimated. Take the gold present in seawater --there is more gold in a ton of seawater than contained within a ton of gold ore.

Almost all minerals present in seawater are found, in trace amounts, in our Flor de Sal sea salt. One can argue that the amounts are so low as to be negligible. However, consider that it is possible to grow marine organisms, such as coral, in tap water with Flor de Sal added, yet these same organisms quickly die in a solution of tap water and "regular" sea salt.

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FLOR DE SAL = THE FLOWER OF SALT

Flor de Sal is composed of the seed crystals that form on the surface of traditional salt pans. These seed crystals traditionally have been collected by the salt pan workers for their home consumption; they called it the “cream of salt”, as it is collected from the pan surface as cream is from milk. This is a traditional sea salt hand-harvested the day it crystallizes on the surface of the water. It is simply the best salt one can find as it contains a wide range of trace minerals, with a distinct crystal shape that can be formed by no other process than skimming off of the top of a salt pan.

The salt business worldwide is price driven. The margins in salt production are so low that industrial salt companies constantly seek out the lowest cost method of production. As salt can be washed and painted (yes, salt is painted using lime – Calcium Oxide - CaO) there is a good deal of deception behind the industrially-produced salt that is brought to market for human consumption. Don't take your chances on the “cheap” stuff. It's not worth giving up your health! Try our quality Flor de Sal or Traditional Sea Salt today!

WHAT MINERALS CAN BE FOUND IN OUR SEA SALT?

SEA WATER COMPOSITION

In every 1000 grams of sea water you will find a total of 85 different elements



Hydrogen	H	Nickel	Ni	Lanthanum	La
Oxygen	O2	Gallium	Ga	Cerium	Ce
Sodium	NaCl	Germanium	Ge	Praseodymium	Pr
Chlorine	NaCl	Arsenic	As	Neodymium	Nd
Magnesium	Mg	Selenium	Se	Samarium	Sm
Sulphur	S	Krypton	Kr	Europium	Eu
Potassium	K	Rubidium	Rb	Gadolinium	Gd
Calcium	Ca	Strontium	Sr	Terbium	Tb
Bromine	Br	Yttrium	Y	Dysprosium	Dy
Helium	He	Zirconium	Zr	Holmium	Ho
Lithium	Li	Niobium	Nb	Erbium	Er
Beryllium	Be	Molybdenum	Mo	Thulium	Tm
Boron	B	Ruthenium	Ru	Ytterbium	Yb
Carbon	Ca	Rhodium	Rh	Lutetium	Lu
Flouride	F	Palladium	Pd	Hafnium	Hf
Neon	Ne	Cadmium	Cd	Tantalum	Ta
Aluminum	Al	Indium	In	Tungsten	W
Silicon	Si	Stannum (Tin)	Sn	Rhenium	Re
Phosphorous	P	Antimony	Sb	Platinum	Pt
Argon	Ar	Tellurium	Te	Aurum (Gold)	Au
Scandium	Sc	Iodine	I	Mercury	Hg
Titanium	Ti	Xenon	Xe	Thallium	Tl
Vanadium	V	Cesium	Cs	Lead	Pb
Chromium	Cr	Barium	Ba	Bismuth	Bi
Copper	Cu	Manganese	Mn	Thorium	Th
Zinc	Zn	Iron	Fe	Uranium	U
Cobalt	Co			Plutonium	Pu

Free GIFT with
EVERY ORDER!!

PORTUGUESE SEA SALT

Flor de Sal (first hand harvest): (8 oz.) \$9.99 HXFS-FDSA
Traditional Sea Salt (2nd hand harvest): (8 oz.) \$6.99 HXFS-SMTR

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ACTIVATED CHARCOAL

Activated Charcoal has been used effectively in the healing arts for centuries. Doctors still use it today as a healing agent, an antidote for poisons, and an effective treatment for indigestion and gas. Modern industry also relies on charcoal to deodorize, decolorize, and purify solutions. Charcoal can do these varied tasks because of its amazing ability to attract other substances to its surface and hold them there. This is called adsorption. Charcoal can adsorb thousands of times its own weight in gases, heavy metals, poisons, and other chemicals, thus making them ineffective or harmless.

The form of Charcoal used in modern medical science is Activated Charcoal U.S.P., a pure naturally produced, wood charcoal carbon that has no carcinogenic properties. Activated Charcoal is an odorless, tasteless powder. One teaspoonful of it has a surface area of more than 10,000 square feet. This unique feature allows it to adsorb large amounts of chemicals or poisons. Charcoal from burnt toast is not effective, and charcoal briquettes can be dangerous because they contain fillers and petrochemicals to help them ignite.

Studies show that Activated Charcoal is harmless when ingested or inhaled, or when it comes in contact with the skin. No allergies or side effects have been recorded. Many pediatricians and pediatric handbooks recommend that Activated Charcoal be kept on hand as an antidote in the family medicine chest, especially in households that include small children.

Scientific experiments over many years attest to the effectiveness of charcoal as an antidote. In one experiment, 100 times the lethal dose of Cobra venom was mixed with charcoal and injected into a laboratory animal. The animal was not harmed. In other experiments, arsenic and strychnine were mixed with charcoal and ingested by humans under laboratory conditions. The subjects survived even though the poison dosages were 5 to 10 times the lethal dose.

DOCTORS, PARAMEDICS AND MEDICAL CENTERS STILL USE ACTIVATED CHARCOAL IN A NUMBER OF DIFFERENT WAYS TODAY:

1. TO ELIMINATE TOXIC BY-PRODUCTS THAT CAUSE ANEMIA IN CANCER PATIENTS
2. TO DISINFECT AND DEODORIZE WOUNDS
3. TO FILTER TOXINS FROM THE BLOOD IN LIVER AND KIDNEY DISEASES
4. TO PURIFY BLOOD IN TRANSFUSIONS
5. TO CUT DOWN ON ODORS FOR ILEOSTOMY AND COLOSTOMY PATIENTS
6. USED INTERNALLY AND EXTERNALLY AS A CLEANSING AND HEALING AGENT.
7. TO TREAT SOME FORMS OF DYSENTERY, DIARRHEA, DYSPEPSIA, AND "FOOT AND MOUTH" DISEASE
8. TO TREAT BROWN RECLUSE SPIDER BITES, AND OTHER POISONOUS SNAKE, SPIDER AND INSECT BITES
9. TO TREAT JAUNDICE OF NEWBORNS
10. TO TREAT INTESTINAL INFECTIONS
11. TO TREAT POISONINGS AND OVERDOSES OF ASPIRIN, TYLENOL AND OTHER DRUGS (ACTIVATED CHARCOAL IS REQUIRED BY LAW TO BE PART OF THE STANDARD EQUIPMENT ON MANY AMBULANCES, FOR USE IN POISONINGS)

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There are
 over FOUR THOUSAND chemicals, drugs, toxins,
 and wastes adsorbed by charcoal, including: Arsenic, Atro-
 pine, Cocaine, Gasoline, Lead Acetate, Mercury, Narcotics,
 Opium, Pesticides, Radioactive Substances, and more!

HOME USE OF ACTIVATED CHARCOAL

Indigestion	Traveler's Diarrhea
Gas	Spastic Colon
Bad breath	Peptic Ulcers
Nervous Diarrhea	And More!

Lancet, the presti-
 gious British medical
 journal, describes the
 use of charcoal com-
 presses to speed the
 healing of wounds and
 eliminate their odors.

SUGGESTED DOSAGE:

GENERAL HEALTH:

1 tsp./8 oz. Glass Water (1-3 times/day)

GENERAL ILLNESS (FLUS, COLDS)

1 tsp./8 oz. Glass Water (4-7 times/day)

SERIOUS ILLNESS:

1 tsp./8 oz. Glass Water (8-12 times/day)

"A few weeks ago, I got food poisoning and was up all night throwing up. Every 30 minutes I would throw up again. After 2 days, I felt much better, but every night my stomach would swell up to the size of a watermelon and it would ache really bad. For a week and a half I couldn't sleep and would toss and turn. Someone suggested that I take charcoal to absorb whatever toxin was still in my body. I took 2 teaspoons that morning, and 2 teaspoons again that evening and I slept fine that very night! Problem solved! It was so easy and VERY economical. I always keep it on hand for emergencies now!"

Anonymous Customer

PRICE AND SIZES:

Loose charcoal powder 10 oz.: \$8.99 HXNE-AC10
 Loose charcoal powder 6 oz.: \$4.99 HXNE-ACH6
 Charcoal V-caps (125 ct.): \$13.99 HXNE-ACVC
 Charcoal tablets (130 ct. non-sweetened): \$11.99 HXNE-ACTA



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SMALL FLOWER WILLOW HERB

PROSTATE PROBLEMS? WE'VE GOT THE ANSWER.

Enlargement of the prostate is considered one of the most common disorders occurring in men over 50. If left untreated, continued enlargement of the prostate eventually obstructs the bladder completely and emergency measures may become necessary. Fortunately, help is at hand!

Small Flower Willow (SFW) is an herb that helps disorders of the prostate and helps accelerate recovery from the annoying symptoms of prostatitis. It causes absolutely no side effects and is one of the most effective herbal remedies for prostate health.

DOES SMALL FLOWER WILLOW REALLY WORK?

- △ Many studies have been completed which showed SFW reduced prostate size and inflammation, and helped relieve prostatitis.
- △ A German 3 year-study found that taking 160 mg. of SFW extract twice daily reduced nighttime urination in 73% of patients and improved urinary flow rate.
- △ In a double-blind trial, 160 mg. of SFW extract taken twice daily was found to treat BPH (benign prostatic hyperplasia) just as effectively as Finasteride (Proscar) but with absolutely NO side effects.
- △ European scientists proved that SFW extract lowers the level of the androgenic hormone, **dihydrotestosterone**, in the prostate.

INCREASED LEVELS OF DIHYDROTESTOSTERONE CAN CAUSE:

- ◇ Male Pattern Baldness
- ◇ Development or exacerbation of benign prostatic hyperplasia
- ◇ Enlarged prostate gland and other prostate problems
- ◇ Prostate cancer
- ◇ Kidney, Bladder, and Urinary Tract Disorders

SMALL FLOWER WILLOW IS USED FOR:

- Bladder cancer
- Prostate Problems
- Cystitis
- Male Pattern Baldness
- Kidney and bladder problems
- Urinary tract disorders
- Benign prostatic hyperplasia

Suggested Dosage:

Tea: 1 heaping teaspoon of the Small Flowered Willow-Herb Tea per 16 oz. of boiling water, infused for a short time. 1 cup in the morning on an empty stomach, 1 cup in the evening, half an hour before a meal.

Extract: 2 droppers-full in the morning and evening on an empty stomach.

IF YOU HAVE ANY OF THE PROBLEMS LISTED ABOVE, TRY SMALL FLOWER WILLOW HERB TODAY! WE KNOW YOU WILL SEE THE DIFFERENCE!

2 oz. Extract: \$17.99 HXSB-SMWE
3.5 oz. Tea: \$12.99 HXSB-SMWT

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ALKALIVE PH STIX

IS YOUR PH BALANCED? FIND OUT BY TESTING.

To maintain good health, the body is constantly seeking to get rid of the excess acids that irritate the tissues and deplete them of minerals. One of the principal systems it uses for this purpose is the renal system (kidneys). The normal rate of acid excretion through the kidneys gives urine a pH that falls between 6.75 and 7.25. By testing the degree of acidity of the urine, you can determine whether your body is eliminating a normal quantity of acids. If the acid excretion rate is higher than normal, the urinary pH will be more acidic. This low urinary pH is also an indication that the body is saturated and therefore in an acid state.

Another indicator of the overall pH balance in your body is the pH of your saliva. When your body has the mineral reserves that it should, the abundance of minerals will show up in a saliva pH test as a pH reading of 7.0 to 7.50. A low saliva pH reading indicates that the mineral reserves in your body are low, and are being used to buffer acids elsewhere in the body.

There is a strong correlation between the pH of the body's internal environment and that of the urine and saliva: urine and saliva become acidic when the body's internal environment becomes acidic. You can discover the pH of these fluids by using Alkalive™ pH Stix™. These pH test strips are made specifically to test saliva and urine, and are the most accurate and economical test strips on the market.

These stix are unlike most pH test strips on the market. Due to the narrow range in pH of these bodily fluids (generally 5.8 to 7.6) it is imperative that a pH test strip give a clear indication in small pH unit increments. Ours do. Our test strips give an indication in .25 pH unit increments, and test a range of 4.5 to 9.0. Plus, pH Stix use the double color indicator method, allowing for a more accurate determination of the pH value of what you are testing. Throw away the pH paper, and pick up the pH Stix.

Alkalive pH Stix:

- ✓ Are super sensitive and accurate
- ✓ Have a wide range of 4.5-9.0
- ✓ Are easier to read than pH paper
- ✓ Are practitioner preferred
- ✓ Test urine OR saliva
- ✓ Include 80 easy to read pH stix

This is what Christopher Vasey, N.D., author of *The Acid Alkaline Diet* has to say about pH Stix™: "pH Testing is very important in order to gauge the health of your internal environment. I used to recommend using pH Paper, until I discovered these excellent pH strips. They are a lot more effective in helping one determine precise pH measurements. I advise all of my clients to use pH Stix."

Alkalive pH Stix™ come complete with directions, indicator color chart, and a guide to how to interpret results.
80 STRIPS \$10.99 HXHR-APHS

**DON'T TRUST YOUR BODY TO
JUST ANY CHEMICAL LAB LITMUS
PH PAPER. TRY ALKALIVE PH STIX
TODAY!**

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VIGODANA®

Do you have: poor memory, disorders of concentration, poor mental performance, cardiac and circulatory complaints, or fatigue.

If so, Vigodana® is for you!

In professional and private life, human beings are constantly exposed to strain and particular stresses. The body often reacts to this with a loss of vitality and a diminishing capacity for regeneration. A drop in performance, exhaustion, depression and finally organic damage are the possible consequences. Vigodana® was developed in order to counter these manifestations effectively and maintain the body's full capacity. It helps to revitalize and invigorate the body thanks to its unique composition. Vigodana® also counteracts symptoms of poor cerebral performance such as forgetfulness and concentration disorders.

1. Magnesium plays a central part in energy metabolism and signal conduction in the nervous system. Three different magnesium compounds in Vigodana® are aimed at making magnesium available for as long as possible; this is based on gradual absorption of the magnesium salts employed.

2. Orotic acid is known for its beneficial effects on learning and memory performance. The acquisition and storage of information in the brain depends

above all on intensive ribonucleic acid (RNA) metabolism. Orotic acid, as an energy-rich precursor, is a key molecule in the biosynthesis of RNA structures. As an enzyme and metabolism activator it also helps to optimize energy metabolism and promotes the detoxification function of the liver. The combination of orotic acid and magnesium contained in Vigodana® produces increased availability of magnesium in cell metabolism.

3. Haematoporphyrin exerts an enzymatic effect on nicotinic acid metabolism and in this way it increases the serotonin level. The neurotransmitter serotonin has a crucial influence on numerous mental functions and on the sensation of fatigue and depressive moods.

So, what does this mean for you? Vigodana® will help you heal better, think better, remember better, concentrate better, and FEEL better than you have in years!

VIGODANA®:

- ⌘ Decreases physical and mental exhaustion
- ⌘ Maintains and increases physical and mental capacity
- ⌘ Promotes convalescence and vitality in elderly people
- ⌘ Promotes the detoxification function of the liver
- ⌘ Aides in incontinence and improves grip strength



Suggested dosage:
1 capsule with breakfast,
1 capsule with lunch

\$37.99
per box of 100
HXDL-VIGO

Although the effect of Vigodana® can be felt clearly even after a short time, treatment should always be continued for several months. Vigodana® is a long term therapeutic herbal formula.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Toxi-loges®

Powerful cold and flu Relief

Are you sick and tired of getting colds and the flu? Do you want something that **actually** helps? Toxi-loges® is a unique combination of different natural plant extracts. It is extremely effective for acute and chronic bacterial and viral infections. It is excellent for inflammation of the respiratory tract. It also boosts and strengthens the body's immune system.

Some of the powerful herbs in the Toxi-loges® are:

EUPATORIUM (BONESET) AND BRYONIA (BRYONY): These two herbs promote the expulsion of phlegm and mucus buildup in the respiratory tract.

QUININE BARK AND ACONITUM (MONKSHOOD): Both of these herbs have an antipyretic (prevents or reduces fever) and anti-inflammatory effect.

IPECACUANHA: This herb is a diaphoretic and expectorant, relieves cough, and is stimulating to the stomach, intestines and liver, which facilitates digestion.

TOXI LOGES® HELPS BOOST THE IMMUNE SYSTEM AND HAS A PREVENTATIVE ABILITY IF TAKEN BEFORE THE ONSET OF ILLNESS.

RECOMMENDED DOSAGE FOR TOXI-LOGES® SYRUP:

1-4 years old	4-12 years old	Above 12 years old
1 teaspoon 2-3 times a day	2 teaspoons 2-3 times a day	3 teaspoons 2 times a day

RECOMMENDED DOSAGE FOR TOXI-LOGES® TABLETS & TINCTURE:

	Adults	Children/ Infants (Depending on age)
ACUTE OR CHRONIC		
Starting Dose: Hourly (up to 12 times a day)	45 drops or 2 Tablets	
Following improvement until recovery: 3 times a day	20 drops or 1 tablet	5-15 drops or 1 1/2 tablet
PREVENTATIVE		
Several Times a day	20 drops or 1 tablet	
Let the tablet dissolve slowly in the Mouth.		

**Suggested dose:
See chart on left**

50 mL Liquid:
\$21.99 HXDL-TLDR

Tablets (50 ct.):
\$16.99 HXDL-TLTA

**Toxi Saft (children's
syrup):** \$20.99
HXDL-TLSA



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Cratae-loges®

Health for your heart!!

It is time for the introduction of a natural heart strengthening product. Cratae-loges® is most commonly used to treat problems related to the heart and circulation. It is believed to protect arterial walls and contains the ability to actually enlarge coronary blood vessels; thus contributing to a healthy heart and reduced risk for heart disease. It is thought that this herb may be able to strengthen the ability of the heart to pump blood. It is commonly prescribed for individuals who suffer from angina, hypertension and tachycardia, as well as cardiac arrhythmia, otherwise known as an irregular heart beat. An exercise-induced increase in blood pressure and heart rate is often responsible for overstraining of the heart with symptoms such as palpitations, shortness of breath and fatigue in elderly and less physically active people.

Cratae-loges® relieves the heart by preventing an excessive rise in blood pressure and pulse rate on physical exertion. It also provides the heart muscle with more blood by expanding the coronary arteries; thus the heart is strengthened and circulation is improved. Physical exertion, ideally in the form of light and regular exercise (e.g. daily walks, cycling, physical training) becomes easier again. After a few weeks the accustomed capacity usually returns.

SOME OF IT'S MANY USES:

- Antihypertensive
- Gives relief to heart by stabilizing blood pressure and heart rate on exertion
- Enables you to return to your accustomed level of physical performance
- Increases blood flow through the heart
- Strengthens the heart muscle without increasing the beat or raising blood pressure
- Enhances exercise duration
- Improves circulation in coronary arteries
- Powerful cholesterol and mineral solvent

SHOWN EFFECTIVE IN TREATING:

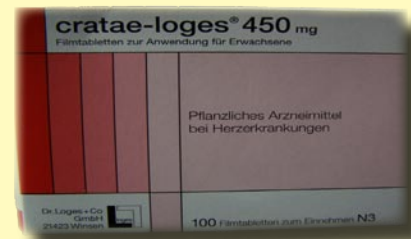
- ☞ Mild to moderate hypertension
- ☞ Angina
- ☞ Arteriosclerosis
- ☞ Formation of blood clots
- ☞ Tachycardia (rapid heartbeat)
- ☞ Enlargement of the heart from overwork
- ☞ Dizziness
- ☞ And much more!

Cratae-Loges® contains a very pure and unadulterated dose of Crataegus Oxyacantha as its active ingredient. It contains amines and flavonoids, which are powerful antioxidants. These antioxidant properties are believed to retard arterial damage related to the formation of plaque in the heart and arterial walls. And unlike many other prescribed heart medications, Cratae-loges has not been shown to produce irregular heartbeats and it is capable of increasing circulation without lowering blood pressure.

Suggested dosage to normalize blood pressure and increase heart health:

- 1 tablet in the morning
- 1 tablet in the evening

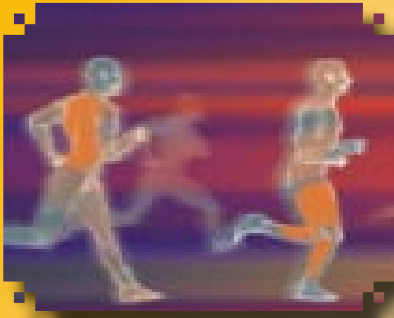
**\$38.99 per box of 100
HXDL-CRAT**



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ANABOL-LOGES®

A NATURAL PICK-ME-UP ENERGY BOOSTER!



Tired? Sore? Need more energy and pep? Anabol is for you.

Anabol-loges® is a hormone-free metabolism activator that contains easily assimilated substances: Vitamin E, Magnesium, Silica, and Hypericum. These ingredients are harmonized in such a way that their action is complementary. They protect the body's cells and help the body to build up its energy faster. This building up (anabolic) effect has given the preparation its name. The success of treatment with Anabol-loges® in patients and athletes is explained both by the cell-protecting and metabolism-activating effect, and by the increased elasticity and exercise tolerance of tendons, ligaments and joints.

Anabol-loges® leads to an improvement in mobility, relaxation of tense muscles and thus an effective reliever of joint and muscle pain. This can help to cut down on the need for painkillers and anti-inflammatories. The oxygen supply to the muscle tissue is improved; causing exercise-related muscle fatigue, muscle pain and calf cramps to be diminished, which leaves you less susceptible to injury. It also facilitates and shortens recovery after training or any physical exertion and thus provides a basis for an increase in individual performance.

WHO WILL BENEFIT FROM ANABOL-LOGES®?

- Anyone who feels tired, weak, or drained and would like extra energy.
- Anyone with back pain, disc damage, degenerative and rheumatic diseases and bone deterioration.
- Anyone who wants to maintain health and improve regeneration of energy after physical exertion.

ANABOL-LOGES®:

- Increases energy and performance
- Provides a natural pick-me-up without the harmful use of chemicals, caffeine, or drugs.
- Restores damaged muscles, tissues, ligaments, and tendons.
- Decreases pain and accelerates healing associated with muscle, joint, disc, or tendon problems; including: arthritis, osteoarthritis, herniated discs, degenerative joint and disc diseases, osteoporosis, bulging discs, spinal stenosis, sprains, strains, and more!
- Restores and increases your performance capacities of yesteryear.



\$37.99
per box of 100
HXDL-ANAB

SUGGESTED DOSAGE FOR INCREASED ENERGY:

1 tablet at breakfast, 1 tablet at lunch. (May increase up to 2 tablets, 3 times a day with meals)

SUGGESTED DOSAGE FOR ATHLETES TO IMPROVE PERFORMANCE:

4 capsules, 3 times a day with meals

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Flexi-loges®

Relief from arthritis pain!



Better than Vioxx! Relief from arthritis pain! Flexi-loges® is an all natural pain-reducing anti-inflammatory that contains a very powerful dose of devil's claw as its active ingredient. We have found Flexi-loges® to be more potent, in addition to receiving better results, than other products on the market claiming to contain the same amount of the devil's claw herb. Flexi-loges® appears to work in the same way as other anti-inflammatory drugs such as Celebrex and Vioxx, however it does not cause the same harmful side effects. It has proven effective for many conditions that cause inflammation and pain.

FLEXI-LOGES® HAS SHOWN VERY EFFECTIVE IN TREATING:

- | | | |
|------------------------|------------------------------|--|
| † Back pain | † Tendonitis | † Degenerative Disc Disease |
| † Neck pain | † Rheumatism | † Protruding or Herniated Discs |
| † Rheumatoid arthritis | † Sore muscles | † Acute injuries such as sprains and strains |
| † Osteoarthritis | † Degenerative Joint Disease | |

According to a study in the Journal of Ethnopharmacology, sales of Devil's Claw (the active ingredient in Flexi-loges®) in Germany were estimated to be \$30 million euros in 2001, accounting for 74% of the prescriptions for rheumatism.

The main active ingredients in Devil's claw are Harpagoside and Beta sitosterol, which possess anti-inflammatory properties and create support for joint, ligament and tendon problems. Flexi-loges® is reported to help with joint pain while improving vitality in the joint. Analgesic (pain-relieving) effects have also been observed along with reductions in abnormally high cholesterol and uric-acid blood levels.

A study published in the journal Rheumatology compared a devil's claw extract providing 60 mg. harpagosides a day and 12.5 mg. a day of the anti-inflammatory Vioxx (now off the market for increasing risk of heart attack and stroke) for 6 weeks in 79 patients with an acute exacerbation of low back pain. Devil's claw was shown just as effective as Vioxx in reducing pain, and it did not increase risk for stroke or heart attack!

**IMPORTANT NOTE: ALL BRANDS OF DEVIL'S CLAW ARE NOT CREATED EQUAL.
DON'T BE FOOLED BY LOW-QUALITY IMITATIONS!**

SUGGESTED DOSE FOR CHRONIC PAIN:

1 tablet at breakfast, 1 tablet at supper. (May increase up to 3 capsules, 3 times a day with meals)

SUGGESTED DOSE FOR ACUTE INJURY RELIEF:

2 tablets every 4 hours as needed.

**\$47.99 per box of 100
HXDL-FLEX**

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Dysto-lux®

Anti-depressive and Anti-anxiety therapy

FACTS YOU SHOULD KNOW:

- ☛ Depression is one of the most common mental disorders affecting 340 million people in the world today, accounting for a full 10% of productive years lost throughout the world.
- ☛ Depression and anxiety disorders — the two most common mental illnesses — each affect 19 million American adults annually (NIMH, 1999). National Institute of Mental Health
- ☛ Approximately 12 million women in the United States experience depression every year — roughly twice the rate of men (NIMH, 1999). National Institute of Mental Health
- ☛ Up to one-half of all visits to primary care physicians are due to conditions that are caused or exacerbated by mental or emotional problems (CFHC, 1998). Collaborative Family Healthcare Coalition
- ☛ Depression can slow the healing process. Researchers found that 15 out of 16 patients diagnosed with depression or anxiety experienced delayed wound healing.

DYSTOLUX® HAS SHOWN HIGHLY BENEFICIAL FOR THE FOLLOWING:

- Depressed mood or depressive disorders
- Psycho-autonomic disorders
- Anxiety
- Nervousness
- Agitation or Irritableness

Dysto-lux® contains a pure, concentrated dose of Hypericum, which is most beneficial to depression and other mental disorders.

The clinical efficacy of Dysto-lux® was compared with the leading standard antidepressant worldwide, Fluoxetine in mild and moderate depressive episodes in a double-blind study. Dysto-lux® was found to be equal to this synthetic chemical antidepressant in all the study criteria. In a subsequent changeover and long-term

study (12 months), Dysto-lux® was highly effective in preventing recurrence of depression and was very well tolerated long-term. Dysto-lux® is thus a modern natural herbal remedy, which can be used successfully for mild to moderate depressive episodes. Those who suffer with anxiety and/or depression, will find Dysto-lux® to be a safe, highly effective and well tolerated natural herbal remedy.



SUGGESTED DOSE FOR ANTI-DEPRESSIVE / ANTI-ANXIETY THERAPY:

2 tablets in the morning, 2 tablets in the evening



\$23.99 per box of 100 HXDL-DYLU

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INTRODUCING HOPE FOR HEALTH'S

New

PRODUCT LINE

ALL VEGAN FORMULAS!!



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WHY BUY OUR PRODUCTS?

1. HOPE FOR HEALTH'S LINE OF PRODUCTS ARE COMPLETELY VEGAN!

That's right! There are absolutely NO animal products in our line of vitamins and minerals. Often there are substances that don't appear to be animal products in some companies' vitamins and minerals, but if you check them thoroughly we think you will find that almost ALL of their vitamins and minerals, unless they specifically say they are vegan, have animal products in them.

2. HOPE FOR HEALTH'S PRODUCTS ARE ALL TESTED!

We deal with only one company, and they check each batch of their natural herbs for potency and for 100% purity. If the test fails, they are sent back, and they do send many back because the batches do not conform to their high standards of excellence. That insures that you as the customer will have available to you, the best and most potent source of vitamins and minerals you need.

3. HOPE FOR HEALTH'S PRODUCTS ARE MORE ECONOMICAL!

If you will take any of our products, and evaluate them, apples to apples, we think you will find that ours is by far the better value. We encourage you to check and see for yourself. But make sure you measure our products against other natural, plant-based products. We are confident that you will find out that we are telling the truth.

4. HOPE FOR HEALTH'S PRODUCTS ARE EFFECTIVE!

This is a test you will only know for sure by trying our health products. We have too many testimonials of our own and others to share here, but we believe yours will be the next testimonial, shortly after you purchase your first vitamin or herbal supplement! This is why we can make the claims we do.... because we have heard from so many others after they too learned the truth. Our products really are better than the others. The testimonials we print are real people, not just some made up ad. Try it for yourself and see!

5. HOPE FOR HEALTH IS A CHRISTIAN MINISTRY!

Our goal here at Hope for Health is to help people gain and/or maintain their health. Most companies' goals are to make more money. Ours is not. This is a ministry, with the desire to help people have and live a better life. We are dedicated to that end and all that you buy from us, helps to extend that goal, not extend our bank account.

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European Green Clay

Detoxifying and Mineral-Rich Clay Powder



Would you like to find a cheap yet effective product that could clean out your colon, detoxify your body of harmful chemicals, radiation, heavy metals, and bacteria, strengthen your immune system, purify your blood, heal ulcers and wounds internally and externally, dissolve tumors, cysts, age spots, keloid scars, normalize your pH, create a balance of minerals in your body, alleviate pain, and more? If you haven't heard of the wonderful healing benefits of clay, you're in for a real treat! Clay can do all this, and more!

Charcoal is good, but charcoal has its limitations.

CHARCOAL:

1. Can stain your skin and clothes
2. Only removes toxins
3. Has a texture that is distasteful to some people
4. Is very messy

CLAY:

1. Not ONLY absorbs toxins, but puts minerals back into your body.
2. Is very easy to work with
3. Has a host of other healing benefits (noted on the next page)
4. Our European Green Clay is non-staining



INTERNAL USES

Ulcers	Stomach viruses
Colitis	Intestinal polyps
Diarrhea	pH imbalance
Parasites	Crohn's Disease
Anemia	Mineral deficiencies
Constipation	Heavy metal toxicity
Irritability	Irritable bowel syndrome
Heartburn	Toxicity due to chemicals or poisons
Acid reflux	And more!

•During the Balkan War the British army used clay for cholera. The mortality rate was 60 % for all soldiers who contracted this disease. However, when clay was taken internally, the mortality rate went down from 60% to an amazing 3%.

•During the First World War, the Russian soldiers received 200 grams of clay along with their rations, and it was added to mustard in several French regiments, who remained free of the dysentery, which ravaged nearby regiments.

TESTIMONY ABOUT GREEN CLAY:

I have had real trouble eliminating, as sometimes I would not be able to go for 2 weeks at a time. I had a colonoscopy and the doctors said I was impacted, and gave me all kinds of medication to help by problem, but to no avail. My sister told me about the Green Clay and how it was good for people with constipation. I started taking the green clay, and after only 4 weeks! I am now able to go every day without any trouble. I am so thrilled that this product is available, and wanted everyone to know, if it worked for me, it can work for you! -Anonymous

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•When patients with severe burns covered the burned area with a poultice of clay, each one of them noticed immediate relief, with some claiming the pain had **completely** subsided.

In addition, when having the entire body covered in burns, they noticed dramatic results when using a clay bath. They reported a relief in pain and healing resulted faster and with less scarring.

•When applied as a mask to the face, it brightens the skin and clears the complexion while leaving the skin extra soft and supple.

•A woman who had tried everything including natural and conventional methods to get rid of a wart complained that nothing worked. She decided to try the clay and after applying the clay poultice to the wart at night for **only 4 days**, the wart completely vanished.

EXTERNAL USES: CLAY BATHS, COMPRESSES, AND POULTICES

Cuts	Abscessed tooth
Stings	Tooth and gum diseases
Scrapes	Decubitus Ulcers
Eczema	Tunneling wounds
Psoriasis	Poisonous spider and snake bites
Acne	Acute injuries such as sprains and strains
Arthritis	Cysts
Toenail fungus	Tumors
Chicken pox	And More!
Athlete's Foot	
Swollen joints	
Poison oak and ivy	



SELECTION AND PRICES OF HYDRATED CLAY MASKS (ALL 16 oz.):

Relaxing Rosemary (Oily Skin) \$19.99	HXHH-CMRR
Rejuvenating Jasmine and Avocado (Dry Skin) \$19.99	HXHH-CMJA
Calming Lavender and Almond (Normal skin) \$19.99	HXHH-CMLA
Delicate Orange and Jujoba (Sensitive skin) \$19.99	HXHH-CMOJ
Original (Unscented for poultices or masks) \$19.99	HXHH-CMOR

THE GREATEST DETOXIFIER WE HAVE EVER HEARD OF!

SUGGESTED DOSAGE FOR INTERNAL CLEANSING:

1 teaspoon of powdered clay in 8 oz. of water
(Call for more information)

PRICES AND SIZES OF POWDERED CLAY:

8 oz.: \$5.99	HXHH-C8OZ
1 lb. (16 oz.): \$9.99	HXHH-C1LB
2 lb.: \$15.99	HXHH-C2LB
5 lb.: \$29.99	HXHH-C5LB
66 lb.: 199.99 (Save \$591.00 off the 8 oz. price!)	HXHH-C66LB

DVD - The Miraculous Healing Power of Clay DEHH-CLAY
Call today for a FREE copy!



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Mega Multi

Vegan
Formula

Vitamins don't seem to help? Think it's a waste of your money? It probably IS!

Did you know that the vitamin and dietary supplement industry is a multi-billion dollar industry? And the companies that produce the vitamins and supplements are trying to make every cent count. Anything they can do to shave a penny off of their cost, they do. Unfortunately, quite often it's the customer who suffers. One major cost-cutting method used today is simply using synthetic ingredients rather than whole-food based ingredients. Good idea, right?



WRONG! Many people don't know this, but a major contributor to non-biodegradable waste in this country is the **synthetic** dietary supplement industry. How, you ask? When you take synthetic vitamin or mineral supplements, your body is **unable** to properly absorb them. Therefore, they can pass through your bodies without even digesting, let alone contributing to your body's needs! So, literally, **tons** of synthetic vitamin and mineral supplements are taken from human waste treatment facilities on a regular basis and disposed of as solid non-biodegradable matter!

You have spent good money on multi-vitamins and minerals and they're just not working. You don't see any difference. There is a good chance that the reason they are not working is that they are just passing right through your system without your body absorbing any of the nutrients. **YOU ARE LITERALLY FLUSHING YOUR MONEY DOWN THE TOILET!!**

So what's the answer?

How can I make sure my body is getting every last ounce of nutrition from the supplement I take?



The **answer** is taking a supplement that comes from **whole food sources**, such as our **Mega-Multi**.

Whole food supplements are the one sure option for body use and metabolism. When vitamins and minerals come from natural sources, it is much easier for your body to absorb and assimilate the nutrients, and you will **feel** the difference!

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Vitamin, Mineral & Whole Food Blend

TO AID IN MAXIMUM DIGESTION AND ABSORPTION, WE HAVE FORMULATED OUR "HOPE FOR HEALTH" MEGA-MULTI WITH:

- ◇ Whole Foods
- ◇ Enzymes (Assist in digestion)
- ◇ Chelated Minerals (Easily Absorbed)
- ◇ Special Herbs (Enhance the body's wellness)
- ◇ Digestive Aids (Enhance assimilation of nutrients into the blood stream)
- ◇ Probiotics (Strengthen the digestive tract and immune system)



OUR MEGA-MULTI IS FORMULATED FOR USE IN ALL AREAS OF THE BODY. THERE ARE MANY BENEFITS YOU MAY EXPERIENCE; SUCH AS:

- » Decrease in body fat
- » Improved cardiovascular health
- » Lowered cholesterol
- » Improved mood
- » Delay of Premature Aging
- » Increased strength of bones
- » Improved digestion
- » Boost in Energy
- » Improved vision
- » Boost in immune system
- » And many more!!!

Do you even need vitamins and minerals?

* According to Drs. Robert Fletcher and Kathleen Fairfield of Harvard University, it now appears that people who get enough vitamins may have a lower risk of some common chronic illnesses; such as cancer, heart disease and osteoporosis.

* It is bad news to learn from our leading authorities that 99 percent of the American people are deficient in minerals, and that a marked deficiency in any one of the more important minerals actually **results in disease**. Any upset of the balance, any considerable lack of one or another element, **HOWEVER** microscopic the body requirement may be, and we **sicken, suffer, and shorten our lives**.

**Suggested Dosage:
2 caplets three times
a day with meals**

**\$19.99 per bottle (180 tablets)
HXHH-MMUL**

**Stop flushing
your vitamins
and minerals
down the
TOILET!**



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Browse or Order Online: www.hopeint.org Toll-free order line: 800-468-7884



Mighty Immune Plus

Want to send a JOLT of energy to your body, power up your immune system, and feel great but you just don't like to take pills? Say **goodbye** to your old pills and **hello** to our newly formulated LIQUID multi-**EVERYTHING**.

Hope for Health has now formulated a concentrated live, whole food, antioxidant formula in a liquid form. **Mighty Immune Plus** combines cold processed nutrients and a highly absorbable ionic formula that delivers 211 (yes, that's right) synergistically combined, naturally occurring vital nutrients; such as: trace quantities of virtually every vitamin, mineral, ultra trace mineral, amino acid, and enzyme useful for optimal health!



ONLY ONE OUNCE (TWO TABLESPOONFULS OR ONE CAPFUL) PROVIDES:

- 33 Fruit and Vegetable Phytonutrient juice complex ingredients
- 24 Vitamins and major minerals
- 21 Natural herbal ingredients including aloe vera juice
- 16 Whole Green Superfood complex
- 70 Ionized plant minerals from Iceland moss & Alfalfa
- 18 Amino acid nutrients from soy
- 19 Micronutrient blends
- 6 Botanical anti-oxidants
- 3 Essential fatty acids
- Electrolyte activators with Coenzyme Q-10



LIQUID ENERGY IN A BOTTLE

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Over 200 Powerful Immune-Boosting Ingredients in a LIQUID supplement!

In the past, people obtained all of the minerals they needed from a diet that was grounded in nutrient rich soils. These nutrient rich soils no longer exist today. The harvesting, transporting, crop storing, and pesticides used have all taken their toll on the amount of nutrients and minerals in our food.

Unfortunately, as we learn more and more about the nutrients we need for optimum health, we realize that we cannot capture what is needed for us through our food supplies of today. Even the American Dietetic Association says most of us are deficient in over half of the essential nutrients.

Further damage is happening to our raw veggies through our drying, freezing, and canning processes. Then, we further reduce their nutritional value by cooking, canning, and freezing them. As a result, practically all the remaining vitamins and minerals are nearly disintegrated. This being said, you can see why we all need a strong multi vitamin and mineral supplement. For all of these reasons, Hope for Health's Mighty Immune Plus should be in **your** refrigerator, as we take the guesswork out of your supplement and nutritional needs for everyday life.

No matter what the age, or how your health is today, your body can heal itself and prevent disease, cancers and numerous other later years ailments when given the proper nutrition. This will be by far, the best investment of your life!

BENEFITS:

- » **ONLY ONE OUNCE, ONCE A DAY**
- » **100% PLANT SOURCED - VEGETARIAN**
- » **UP TO 98% ABSORPTION RATE**
- » **MEGA IMMUNE SYSTEM BOOSTER BEYOND COMPARE**
- » **LONG-LASTING ULTRA ENERGY FOR YOUR BUSY DAY**
- » **PROVIDES YOUR BODY WITH WHAT IT CRAVES IN LESS THAN 90 SECONDS FLAT!**



SUGGESTED DOSAGE: 1
OUNCE (1 CAPFUL OR 2
TABLESPOONFULS)

\$39.99 PER BOTTLE
(32 OUNCES) HXHH-MIMP

WE PREDICT,
THAT
AFTER ONLY
ONE MONTH
YOU WILL BE
CALLING
TO THANK US
FOR
THIS ADVICE!



**Want to be alert, energetic, and feel great for the ENTIRE day?
Try MIGHTY IMMUNE PLUS today!!**

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Fem

Women's relief formula



Do you find yourself dreading that time of the month when life just doesn't seem fair? Are you one of those women suffering from PMS, excessive bleeding, painful cramping, fibroids, or endometriosis? Maybe you are suffering from the onset of menopause with its hot flashes and other accompanying symptoms.

If you suffer from symptoms such as:

- Bloating
- Fatigue
- Backaches
- Headaches
- Constipation
- Mood Swings
- Cramps
- Depression
- Irritability
- Irregular periods
- Hot Flashes
- Excessive Bleeding
- Fibroids
- Endometriosis
- Or other symptoms that accompany menstruation or menopause



Fem may be the answer you've been looking for!

Our herbal blend is formulated especially for womens' needs and includes herbs such as:

Shepherd's Purse: Very effective to stop bleeding and to reduce and shorten the menstrual flow.

Cat's Claw, Pau D'Arco, and Anamu: Powerful anti-inflammatories to help reduce pain, fever, and swelling.

Dong Quai: A native Chinese herb used to ease menstrual symptoms.

Echinacea: Used to boost the immune system during this time of added stress.

Astragalus Root: Helps improve circulation, stop hot flashes, and reduce night sweats.

Golden Seal: Powerful antioxidant to help boost immune system, prevent cancer, and also helps treat urinary tract infections.

***For the all-over bloated, achy, uncomfortable feelings, try Fem!
Formulated for the time of the month when it's
needed most.***



Suggested dosage for relief of menstrual or menopausal symptoms:
1 capsule with each meal

\$12.99 per bottle
(90 tablets)
HXHH-FEM



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C-Blast

Stops Colds Dead!



WHY DO I NEED A VITAMIN C SUPPLEMENT?

DID YOU KNOW THAT A PROPERLY FUNCTIONING IMMUNE SYSTEM DESTROYS UP TO 10,000 POTENTIAL CANCER CELLS EVERYDAY?

DID YOU KNOW THAT IN THE UNITED STATES, MORE THAN 200,000 PEOPLE ARE HOSPITALIZED AND ABOUT 36,000 PEOPLE DIE FROM THE FLU AND IT'S COMPLICATIONS EVERY YEAR?

You could be deficient in Vitamin C if you are suffering with:

- » Anemia
- » Fragile bones
- » Easy bruising
- » Difficulty healing
- » Muscle and joint pain
- » Loose and falling teeth
- » Low resistance to colds and flu
- » Swollen, sore, or bleeding gums
- » Exhaustion/weakness/you feel extra tired
- » Nervous breakdown (can be caused by extreme deficiency)

Everyone knows that Vitamin C is essential for it's immune boosting, cold-busting, and cancer-killing properties. Everyone from Larry King to Paul Harvey to Rush Limbaugh extols the virtue of Vitamin C. But all vitamin C's are not created equal. The most effective vitamin C is one from whole food sources. Many Vitamin C products have only ascorbic acid (this is just 1/7th of what is in whole food Vitamin C).

Our C-Blast is packed with Acerola Cherry, Camu Camu Fruit, Indian Goose Berry; Whole Fruit Lemon, Lime, Orange, and Grapefruit; Special Whole Food Green Blend with Juice from Barley Grass, Wheat Grass, Oat Grass, and Alfalfa Grass; and also a Berry Juice Blend with Red Grape Juice, Raspberry Juice, Blueberry Juice, and Blackberry Juice! With all those whole foods, you're body's sure to get what it needs!

Benefits of our special-formula whole food C-Blast include:

- † Accelerating wound healing
- † Regulating stress and energy levels
- † Improving gastrointestinal health
- † Assisting in reducing cholesterol levels and high blood pressure
- † Aiding in collagen production (improves appearance of skin)
- † Acting as a strong antioxidant to slow aging and boost immunity

Be ready to protect your health with **C-Blast!**

Suggested dose to increase immune function:

1 tablet with each meal (3 a day)

Suggested dose to fight off cold:

2 tablets with each meal (6 a day)

\$19.99 per bottle
(90 caplets)
HXHH-CB180



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



ULTRA FIGHTER

POWERFUL ANTIBIOTIC, ANTIVIRAL,
& ANTIFUNGAL FORMULA

Vegan
Formula

Feel sick? Immune system down? Sensing sickness coming on?
Fight back with **Ultra Fighter!!** **Ultra Fighter** is our one-two punch
for taking down the illnesses trying to take YOU down!

Our formula is a combination of herbs and extracts designed to strengthen your immune system aiding in the prevention of viral, fungal, and bacterial infections.

Hope For Health's **Ultra Fighter**:

- Strengthens the immune system.
- Fights off infections before they take hold.
- Eliminates tough infections after they have already set in.
- Is safe and effective - yet mild on the system.
- Is non-toxic, non-caustic, and non-allergenic.
- Has no risky side-effects.
- Has no negative interactions with other medications.

Although modern medicine has provided us with penicillin, synthetic antibiotics also kill the "good" bacteria, which ends up weakening your immune system. Our **Ultra Fighter** not only has the positive benefits, but it does NOT destroy the "good" bacteria your system *needs* to fight off infection.

Some of the areas that **Ultra Fighter** has been used effectively:

\$14.99
PER BOTTLE
(90 VEGI-CAPS)
HXHH-UFIG

SUGGESTED
DOSAGE:
2-4 CAPS
PER DAY



Viral: Colds, flu, herpes (type 1 and 2), leukemia, warts (all varieties), virally caused cancers, Also: acne, boils, burns, dermatitis, eczema, psoriasis, skin cancer, all types of wounds, etc.

Fungal/Yeast: Athlete's foot, Candida/yeast infections, jock itch, etc.

Bacterial: Dental infections, eye infections, ear infections, gingivitis, intestinal infections, pneumonia, sinus infections, staph, strep throat, syphilis, tuberculosis, tonsillitis, throat infections, urinary tract infections, etc.

EVERYONE SHOULD HAVE A BOTTLE OF ULTRA FIGHTER AT THEIR READY TO FIGHT THE GOOD FIGHT.

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Liver Detox

Cleansing Liver Formula

Vegan
Formula

25,192 PEOPLE DIE OF LIVER DISEASE EVERY YEAR.

ARE YOU TIRED?

Did you know that one of the most common and debilitating symptoms of liver disease is fatigue?

ARE YOU LACKING ENERGY?

Did you know that many people who suffer from liver disease say their usual “pep” is gone, and that they experience weakness and a lack of energy throughout the day.

Think you might be at risk? Would you like to improve the health of your liver? This detox formula can help prevent cancer of the liver, cirrhosis, hepatitis, and many more liver-related illnesses. You can also take this simply for maintenance in improving the health of your liver. Many natural health practitioners believe liver detoxification and nutritional support are the cornerstones of treating many diseases.

This formula is uniquely comprised of a variety of herbal extracts that aid the body in rehabilitating the liver. Some herbs this formula includes are:

Black Cohosh: Loosens and expels mucus from the bronchial tubes and stimulates the secretions of the liver, kidneys and lymph system and has a stimulating effect on the secretion of the spleen, liver and lymphatic system

Plantain: Relieves obstructions of the liver and aids in jaundice

Celandine: Scientific studies have shown to be effective in treating liver and gallbladder problems

Barberry: Promotes the secretion and flow of bile (which also makes it a mild laxative)

Golden Seal: Cleanses and promotes healthy glandular functions by increasing bile flow and digestive enzymes, therefore, regulating healthy liver and spleen functions

Uva Ursi: Supports the urinary system, promotes healthy bladder, liver and kidney functions

Dandelion: Used as a liver or kidney tonic, as a diuretic, and for minor digestive problems.

Remember, your liver is the FILTER of your body. A dirty filter, means a dirty and diseased body. A clean filter, is a clean and disease-free body.

Liver Detox is the liver-cleansing formula you need!

Suggested Dosage: 3/4ths of a dropperful held under the tongue for 1-2 minutes, then swallowed (2 times a day)

-OR-

3/4 dropperful added to 8oz hot water for an herbal tea (2 times a day)

Price: \$9.99 (2 oz. liquid tincture)
HXHH-LDET

According to the American Liver Foundation in Cedar Grove, N.J., liver disease ranks as the third leading disease-related cause of death for Americans aged 25 to 59. Particularly common liver disorders include hepatitis and cirrhosis. Many investigators believe that liver damage follows a spectrum, progressing from inflammation and swelling to fatty degeneration, cirrhosis and cancer.

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Living Green Energy

*Energizing Blend of
Whole Green Foods*

Vegan
Formula

No time for breakfast? Need a nutritional start for your day? Don't delay! Start your day with Living Green Energy!

Do you ever wonder, "Where has all my energy and mental clarity gone?" Have you lost your spunk and vigor? Are you tired, lifeless, and unable to lose weight? Increase and sustain your energy levels all day long, with no more ups and downs by taking Living Green Energy. Just one tablespoon in the morning mixed with 8 oz. of juice, or water will kick-start your day like never before.

With each nutrient-rich serving of Living Green Energy, you're not only taking your vitamins and minerals in a complete balanced formula, you are also consuming a healthy portion of "green energy". Phytonutrients from whole plant foods provide a wealth of health-enhancing compounds science is just beginning to understand. Our Living Green Energy includes concentrated powder grasses including: barley, alfalfa, wheat and brown rice. To this is added fruits and vegetables of the green earth including: carrot, broccoli, apple, red beet, grape seed and kelp from the sea. Powerful micro-algae, chlorella and spirulina, also contribute to this perfect phyto-nutritional medium. Rich in catalytic enzymes, chlorophyll, and trace minerals, this formula has unsurpassed nutritional combinations that will help to start your day off right!



**Just ONE
tablespoon of
Living Green
Energy is like
eating 2 pounds
of nutritious
vegetables!**

Some of the benefits of our Living Green Energy include:

- ❧ Strengthened immune system
- ❧ Easy weight loss caused by bringing your body back into it's natural balance
- ❧ Detoxification of the intestinal tract
- ❧ Cleans and purifies the colon.
- ❧ Helps with heartburn, acid reflux, and upset stomachs,
- ❧ Improves elimination of bodily wastes,
- ❧ Oxygenates body cells
- ❧ Helps improve skin cell regeneration
- ❧ Maximizes blood purification and detoxification.
- ❧ Dramatically slows the aging processes



Start your day off like "greased lightning" with LIVING GREEN ENERGY!

Suggested dosage:
1 Tablespoon of powder mixed
in water or juice each morning

\$23.99 per bottle (10 oz. dry powder)
HXHH-LGEP

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Colon Clear

All-natural bowel formula



“Most people who eat the Standard American Diet have about 5-10 lbs. of matter stored in the colon. It’s said that, according to the autopsy, John Wayne had 40 lbs. of impacted fecal matter in his body at death. Elvis, reportedly had 60 lbs..” USA Today January 11, 1999

Are you suffering from: a lack of energy, poor skin tone, blemishes, cellulite, constipation, or weight that just won’t seem to come off? If so, then you may need to clean out your colon!

If you are suffering from these problems, you may be toxic, meaning you are storing waste in your colon that cannot get out. When waste overstays its welcome, building up through your colon and intestines, it becomes a breeding ground for dangerous bacteria that can attack your health and quality of life. Having a healthy waste flow is essential for disease prevention, personal hygiene, and increased energy. That’s why we created our Colon Clear with an all-natural vitamin, mineral, and herbal formula to gently and effectively improve regularity.

A toxic colon can lead to conditions like hemorrhoids, diverticulitis, irritable bowel syndrome, Crohn’s disease, colon cancer, and more. If you want to remove toxins and mucus buildup in the colon, recover the natural balance of good and bad bacteria, and begin to adequately absorb minerals, enzymes, and vitamins, then you need to try Colon Clear today!

The New England Journal of Medicine, The Journal of the American Medical Association, The British Medical Journal, and over 100 other medical journals agree that, “Detoxifying and cleaning out the body is **vitaly important** to achieve health.”

FEEL BETTER WITH A DAILY DOSE OF HOPE FOR HEALTH’S COLON CLEAR, THE 100% ALL-NATURAL WAY TO HELP:

- ★ Prevent colo-rectal diseases.
- ★ Improve Gastrointestinal Health
- ★ End constipation and produce natural waste flow like clockwork.
- ★ Put an end to irritation and discomfort
- ★ Reduce excess gas, and the gas-producing bacteria that thrive in the lower bowel.
- ★ Form softer, more natural stools.

Suggested Dosage to cleanse colon and improve digestive health:
1-2 Caps, 1-2 times daily

The Royal Society of Medicine of Great Britain says, “ More than 65 different health conditions are caused by a TOXIC colon!”

One of the most famous and highly respected surgeons in American history, Doctor Harvey Kellogg of Battle Creek, Michigan wrote: “Of the 22,000 operations I have personally performed, I have NEVER found a single NORMAL colon.”



Price: \$10.99 per bottle (90 caps)
HXHH-CCLE

Don’t let “waste” get you down.
Get Colon Clear and be on your way to healthier, happier days!

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HEART DISEASE

STARTLING FACTS AND FIGURES ABOUT THE NUMBER ONE KILLER IN THE WORLD

50 PERCENT OF MEN AND 64 PERCENT OF WOMEN WHO DIE OF HEART DISEASE DIE SUDDENLY, WITHOUT EXPERIENCING ANY PREVIOUS SYMPTOMS. THINK YOU'RE NOT AT RISK? THINK AGAIN.

Every 33 seconds, a person dies from Cardio Vascular Disease in the United States. That means, in the 1-3 minutes it takes you to read this article, 2-6 people have died. That's 2-6 fathers, mothers, brothers, sisters, grandpas, or grandmas. The worst part? They are dying from a disease that is **LARGELY PREVENTABLE.**

- ✕ Since 1900, Cardio Vascular Disease (CVD) has been the number 1 killer in the United States for EVERY YEAR but 1918.
- ✕ More than 2,500 Americans die from heart disease each day.
- ✕ At least 250,000 people die of heart attacks each year before they reach a hospital.
- ✕ Almost 6 million hospitalizations each year (in the United States) are due to cardiovascular disease.
- ✕ Men suffer heart attacks about 10 years earlier in life than women do.

Heart failure is the number one killer of both men and women in the United States, where 500,000 die annually. Worldwide, it kills 7.2 million people every year.

CVD (cardiovascular disease) is the No 1 cause of death in America. According to statistics released by the American Heart Association (AHA):

At least 87,000,000 Americans (i.e. 1 person in 4) suffer from some form of heart disease:

- 50 million suffer from high blood pressure
- 12 million suffer from coronary heart disease
- 7 million suffer from heart attack
- 6.2 million suffer from angina pectoris
- 4.6 million suffer from congestive heart failure
- 4.4 million suffer from stroke
- 1.8 million suffer from rheumatic heart disease/fever
- 1 million suffer from congenital cardiovascular defects

HEART ATTACK RISK FACTORS

- △ Unhealthy combination of "good" and "bad" cholesterols quadruples the risk.
- △ Diabetes quadruples the risk for women and doubles it for men
- △ Hypertension (high blood pressure) nearly triples the risk for men and doubles it for women
- △ Stress and depression almost triple the risk
- △ Abdominal obesity more than doubles the risk
- △ Lack of exercise increases the risk by about 20 percent
- △ Smoking can double, even triple, the risk
- △ **HEALTHY DIET DECREASES THE RISK BY CLOSE TO 30 PERCENT!**

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Introducing **HEART MAXIMIZER**

STRENGTHENS HEART & REGULATES BLOOD PRESSURE

AN AMAZING FACT:

THE HUMAN HEART BEATS 100,000 TIMES A DAY, PROPELLING SIX QUARTS OF BLOOD THROUGH 60,000 MILES OF VESSELS – 20 TIMES THE DISTANCE ACROSS THE U.S. FROM COAST TO COAST.



BLOOD PRESSURE PROBLEMS?
HIGH CHOLESTEROL?
FATIGUE? POOR BLOOD CIRCULATION?
HEART MAXIMIZER IS JUST WHAT THE
DOCTOR ORDERED!!

I have had heart problems for a while, but lately I noticed it was getting worse. I couldn't even walk a short distance without my heart pounding in my chest and feeling like it was going to burst! A friend told me that the Heart Maximizer was great so I gave it a try. Within ONLY 2 days my heart calmed down and I actually felt energized! I could walk long distances and my heart was fine. I am so impressed with the quick results I had from this product and I am continuing to enjoy the benefits. I feel so great, it seems like I've never even had a problem with my heart!

-S.H.
Illinois

WHAT DOES OUR SPECIAL HERBAL BLEND IN HEART MAXIMIZER DO?

Vitamin E	Helps lower the risk of heart disease, and prevents blood clot formation
Calcium EDTA	Helps reduce chance of a heart attack
Gotu Kola	Helps prevent congestive heart failure and high blood pressure
Horse Chestnut	Increases strength and tone of veins
Butcher's Broom	Helps with heart and blood circulation
Diosmin	Helps strengthen the walls of blood vessels
Bromelain	Helps to disperse blood clots for increased heart protection
Quercetin	Helps improve capillary strength
Witch Hazel	Protects and strengthens the heart and improves circulation
Odorless Garlic	Helps lower cholesterol, blood pressure, and reduces blood clotting
Cayenne Pepper	Helps protect against high cholesterol, heart attacks, strokes, and heart disease
Citrus Flavonoids	Helps reduce high blood pressure and cholesterol levels
Niacin	A great source of B-vitamin nutrition for cardiovascular maintenance
Ginkgo Biloba Leaf: Powdered Extract	Helps maintain the normal function and tone of blood vessels
Grape Seed: Powder Extract	Helps to prevent the formation of plaque in the arteries

**EVERY 20 SECONDS, A PERSON
IN THE UNITED STATES
HAS A HEART ATTACK. YOU
COULD BE NEXT!
DON'T DELAY! YOUR HEART IS
DEPENDING ON YOU.
ORDER NOW!**

Suggested
Dosage:
2 capsules 2
times a day

\$19.99 per bottle
(90 capsules)
HXHH-HMAX



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Browse or Order Online: www.hopeint.org Toll-free order line: 800-468-7884



CHOLESTERX

SUPER POWERFUL CHOLESTEROL – REDUCING FORMULA

Did you know that there are over 50 MILLION Americans with high cholesterol and that ONE out of every TWO Americans are currently at high risk for cholesterol’s damaging effects? Chances are, YOU are one of them. High cholesterol is a serious risk factor for heart disease, stroke, and alzheimers.

WHY TAKE THIS CHANCE?

Synthetic chemicals are often prescribed to help with cholesterol problems. But so often, the side effects of these drugs are more serious than the problem you are trying to resolve. So what’s the answer?

CHOLESTERX

Nature has a way to restore the balance in your overall cholesterol. One look at the chart below will convince you that the natural ingredients in our **CholesterX** can greatly help in achieving a healthy level of cholesterol.

Plant Sterols	Helps normalize blood cholesterol levels and absorption from the intestines
Commiphora Molmol	Helps to lower lipoproteins, cholesterol levels, triglycerides and LDL cholesterol
Soy Bean extract	Helps in reducing serum cholesterol levels
Oat Bran	Helps reduce LDL cholesterol by reducing cholesterol absorption in the intestines
Inositol	Helps in reducing LDL cholesterol and raising HDL
Psyllium husk	Helps as a lipid-lowering agent, lowering cholesterol, and LDL cholesterol levels
Chromium (as polynicotinate)	Helps to reduce LDL levels and increase HDL levels
Odorless Garlic Extract	Helps to keep the cholesterol levels in our blood in good balance
Vitamin B-6	Helps to decrease the rate at which LDL is damaged through oxidation
Panthethine	Helps to increase HDL levels, therefore decreasing total cholesterol levels
Artichoke Extract	Helps to lower cholesterol in the human body
Soy Lecithin	Helps to reduce total cholesterol levels
Grapeseed Extract	Helps reduce total cholesterol serum levels

When looking at the cadavers of men in their 20s who died in car accidents or as casualties of war, nearly all had arterial cholesterol deposits. Heart disease starts much earlier than people realize. **You’re never too young to start protecting yourself!**

CRUSH BAD CHOLESTEROL WITH CHOLESTERX

Suggested dose 2-3 tablets every day to help reduce cholesterol levels

\$14.99 per bottle (90 Tablets)

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Slender

Appetite suppressant



FACT: Over 60% of all Americans are either overweight or obese. Almost 20% of our children are overweight, up from only 5% in 1980.

Are you overweight? Have you tried everything on the market and nothing seems to work? Give Slender a try.

Slender is an appetite suppressant, metabolism booster, fat burner and energy enhancer ALL IN ONE! This is an organic herbal blend that kills the appetite and attacks obesity. In addition, it has no known side effects, and contains a molecule that scientist's say fools your brain into believing you are full. It will help you lessen your caloric (calorie) intake without feeling hungry all of the time, which is why people always fall off their diets.



Slender is a potent combination of herbs that helps to maintain a healthy body weight. It contains Hoodia Cactus Extract, which for thousands of years, the San Bushmen of the Kalahari Desert have used to counter hunger and thirst, when they were deprived of food on long hunting expeditions in the desert. Slender also contains Chick Weed, which is known for regulating the thyroid. Chromium Polynicotinate is included for the support of healthy blood glucose levels, as well as in the utilization of protein and fat. Other ingredients include: Glucomannan (which has been studied for treating obesity, diabetes, and high cholesterol), Garcinia Combogia, and Coleus Forskohli Extract. Slender is designed to help you achieve the weight you want and the shape you want, without ever feeling hungry!

Slender:

- ∞ Will not keep you awake at night
- ∞ Does not cause you to feel "jittery"
- ∞ Does not increase your heart rate



Slender is MUST for anyone trying to lose weight and remain healthy at the same time.



Suggested Dosage: 1 capsule, one hour before lunch and dinner daily

Price: 15.99 per bottle (60 capsules) HXHH-SLEN



☞ Order Slender today and start fitting into those "skinny" clothes hanging in the back of your closet!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Browse or Order Online: www.hopeint.org Toll-free order line: 800-468-7884

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FACTOIDS: INTERESTING FACTS & FIGURES

DEATHS PER YEAR:

7,000 - medication errors in hospitals
12,000 - unnecessary surgeries
20,000 - other errors in hospitals
80,000 - infections in hospitals
106,000 - non-error, negative effects of drugs
These total to 225,000 deaths per year caused by medical professionals' activity, manner, or therapy.

The Boston University Bridge (on Commonwealth Avenue, Boston, Massachusetts) is the only place in the world where a boat can sail under a train driving under a car driving under an airplane.

More than 60,000 miles of arteries, veins, and capillaries in an adult body pulsate to a muscular rhythm – 100,000 heartbeats a day.

The slogan on New Hampshire license plates is 'Live Free or Die'. These license plates are manufactured by prisoners in the **state prison** in Concord.

China uses 45 billion chopsticks per year. 25 million trees are chopped down to make those sticks.

You burn more calories sleeping than you do watching television.

The longest word in English language is pneumonoultramicroscopicsilicovolcanoconiosis - an inflammatory lung disease caused by the inhalation of fine silica dust.

High levels of hostility have been found to predict heart disease more often than high cholesterol, cigarette smoking, or obesity.

If all your DNA was stretched out, it would reach to the moon 6,000 times.

Pasta, oats, and pulses (peas, beans, and lentils) are good sources of 'slow-release' carbohydrates that help to keep your blood glucose (sugar) levels on an even keel.

Almost half the bones in your body are in your hands and feet.

Carnivorous animals will not eat another animal that has been hit by a lightning strike.

FACTOIDS CONTINUED: MORE FACTS & FIGURES

The average human body holds enough: sulfur to kill all the flees on an average dog, potassium to fire a toy cannon, carbon to make 900 pencils, fat to make 7 bars of soap, phosphorus to make 2,200 match heads, and 10 gallons of water!

The thickest area of skin is on the back:
Up to 1/6th of an inch thick.

“Its all fun and games until someone loses an eye” is said to be from Ancient Rome. The only rule during wrestling matches was, “No eye gouging.” Everything else was allowed, but the only way to be disqualified was to poke someone’s eye out.

Approximately two-thirds of a person’s body weight is water. Blood is 92% water. The brain is 75% water and muscles are 75% water.

The two lines that connect your top lip to the bottom of your nose are known as the philtrum.

Intelligent people have more zinc and copper in their hair.

Your stomach produces a new layer of mucus every two weeks, otherwise it would digest itself.

Orange juice helps the body absorb iron more easily.

Two-thirds of all office visits to family physicians are due to stress related symptoms.

The best way of getting rid of water retention is to drink a lot of water.

It takes about 20 seconds for a red blood cell to circle the whole body.

Men high in optimism were **less than half** as likely to develop heart disease than were the more pessimistic men.

Every 2000 frowns creates 1 wrinkle. Smile!

Your left lung is smaller than your right lung to make room for your heart.

The thirst reflex only appears when our bodies are already dehydrated.

FACTOIDS: INTERESTING FACTS & FIGURES

Stress is linked to six leading causes of death- heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide

The air released from a sneeze can exceed the speed of 100 mph.

To make one kilo of honey, bees have to visit 4 million flowers, traveling a distance equal to 4 times around the earth.

A person will die from total lack of sleep sooner than from starvation. A person can only survive up to 10 days without sleep, while he can survive for a few weeks without food.

The strongest bone in the body, the thigh bone, is hollow. Ounce for ounce, it has a greater pressure tolerance and bearing strength than a rod of equivalent size in cast STEEL.

Tobacco kills over 400,000 people each year...more than heroin, cocaine, alcohol, AIDS, fires, homicides, suicides, and automobile accidents COMBINED.

A 2% reduction of water levels in the body can lead to a 20% decrease in mental and physical performance.

A pound of body fat contains 3,500 calories. So to lose a pound in a week you need to eat 500 calories less each day ($7 \times 500 = 3,500$) and vice versa for weight gain.

Of the more than \$50 billion worth of diet products sold every year, almost \$20 billion are spent on imitation fats and sugar substitutes.

Lightening strikes men about seven times more often than it does women.

SEE PAGES 68 & 71 FOR MORE INTERESTING FACTS!

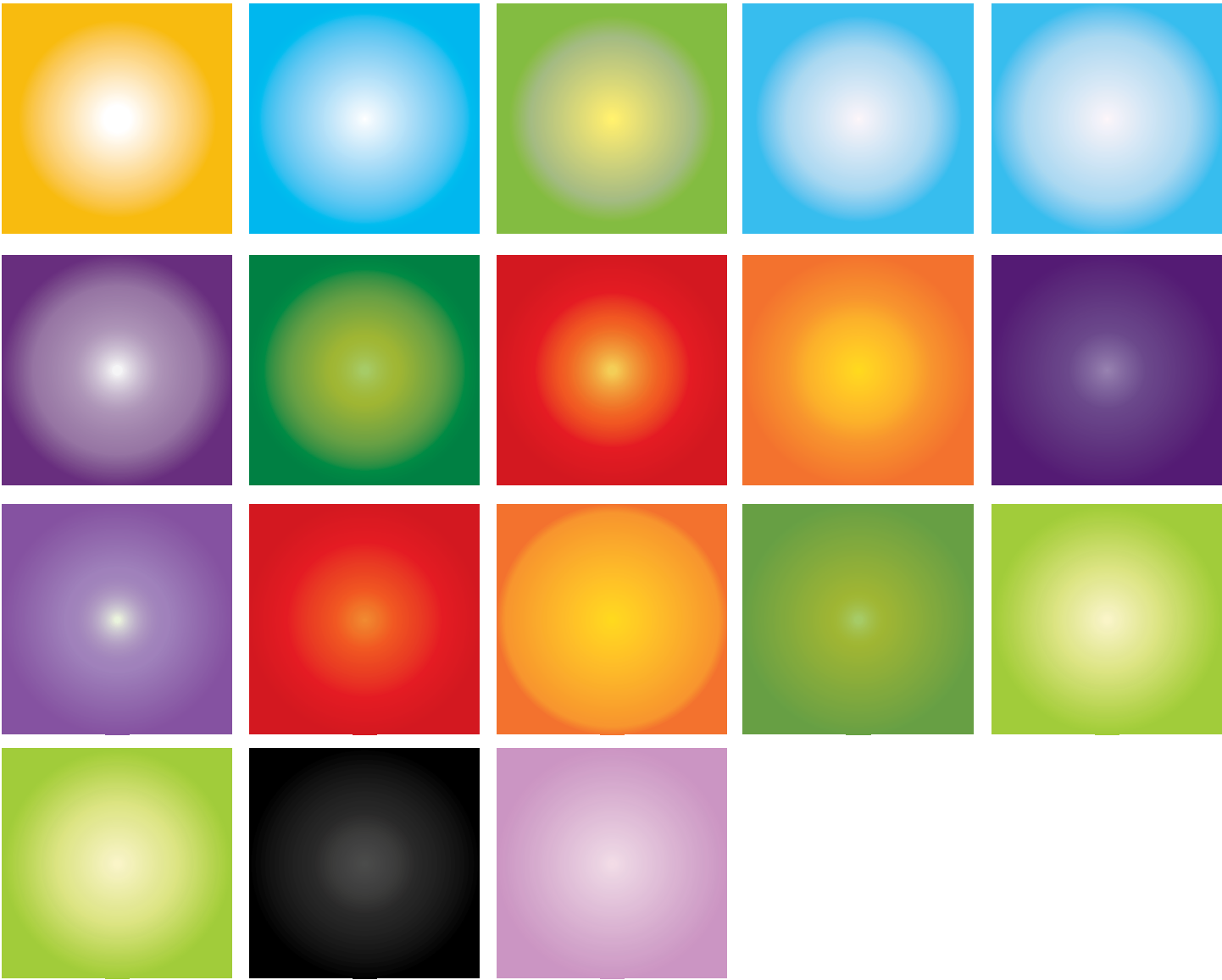


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