



Product **CATALOG**

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TO ORDER CALL: 1-800-468-7884

OR ONLINE: WWW.HOPEFORHEALTHUSA.COM

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WHY VEGAN? 94-95

THINK ON THIS...

"We stopped eating meat many years ago. During the course of a Sunday lunch we happened to look out of the kitchen window at our young lambs playing happily in the fields. Glancing down at our plates, we suddenly realized we were eating the leg of an animal who had, until recently, been playing in a field herself. We looked at each other and said: "Wait a minute, we love these sheep - they're such gentle creatures. So why are we eating them?" It was the last time we ever did."
Paul and Linda McCartney

DID YOU KNOW?

Vegetarians live 6 to 10 years longer on average than meat-eaters do. Healthy vegetarian diets support a lifetime of good health and provide protection against numerous diseases and the three biggest killers – heart disease, cancer and strokes.

Who is Hope For Health?

Hope For Health is an organization of healthcare professionals dedicated to helping people maintain and/or regain optimum health without the use of drugs or surgery. We are a non-profit organization with the sole purpose of helping others feel better so they can live happier, healthier lives. We offer **FREE** health counseling over the phone during office hours, or at our office by appointment only.

We also offer a line of completely vegetarian vitamin, mineral, and herbal supplements and a line of delicious gourmet foods that contain **NO** animal products, **NO** animal by-products, **NO** chemical additives or MSG, and **NO** GMOs (genetically modified organisms) **WHATSOEVER!** Each batch of herbs, minerals, and vitamins that go into our products are tested for utmost quality and purity before they are ever included in our formulas and we use a manufacturer with impeccable credentials in the field of science and nutrition. Only the **VERY BEST** goes into our Hope For Health products.

Hope for Health is dedicated to helping you! We have many professional health-care staff waiting for your call! We look forward to serving everyone who wants to regain their health the safe and natural way!

PLACING AN ORDER

You may order by mail, fax, phone or online. We accept Discover, MasterCard, VISA, checks, and money orders. All money received must be in US funds drawn on US banks.

STORE/OFFICE HOURS

MON - THUR....8:00 A.M. TO 5:00 P.M.

FRIDAY.....8:00 A.M. TO 12:00 P.M.

(HOURS ARE CENTRAL TIME)

PHONE NUMBERS

ORDER LINE.....800-468-7884

HEALTH CONSULTATION.....309-343-5853

FAX.....309-343-3721

MAIL ORDERS

SEND TO:

HOPE FOR HEALTH
P.O. BOX 220
KNOXVILLE, ILLINOIS 61448 USA

Along with your check, money order, or credit card information, please include the list of specific products that you are ordering.

Order **ONLINE** 24 hours a day:

www.hopeforhealthusa.com

**Free Sample With
Every Order!!**

VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

SHIPPING & HANDLING RATES

\$0 - \$25.00.....	\$6.25
\$25.01 - \$50.00.....	\$9.25
\$50.01 - \$100.00.....	\$13.50
\$100.01 - \$200.00.....	\$16.75
\$200.01 or more.....	\$2.99

Illinois residents add 6.5% sales tax.

For orders shipped outside the USA, ACTUAL shipping will be charged.

RETURNS/EXCHANGES

If you are not 100% satisfied with the products you receive, we will be happy to refund your money or exchange the product for another product of equal value, however there will be a 15% restocking fee.*

***This pertains only to UNOPENED items, we cannot refund money or make an exchange for products that have been opened and/or unsealed.**

***Products must be returned within 60 days of purchase.**

PRICING INFORMATION

Most items in this catalog are in stock, although we cannot guarantee availability. Please call us if you wish to verify that an item is in stock before you place your order.

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

****Prices in this catalog DO NOT include shipping. Please see shipping rates to figure actual cost.**

DISTRIBUTOR PROGRAM

Do you like to help people? Are you interested in health? Are you looking for a way to supplement your income? This may be just what you've been looking for!

As you can see here in our catalog, we have a full line of completely vegan* food and herbal supplements. In today's world, as you well know, we are bombarded with every kind of health problem and it seems the doctors and hospitals simply cannot keep up with or even fix many of them.

We at Hope for Health understand the issues at stake and have developed a particular philosophy of product purity and quality, and a total abstinence from any animal products. We believe that many of our diseases originate with the consumption of animal products and the way most of the animals are raised and kept.

As a result, if the animal products are in the vitamin and mineral supplements that we take, we are still putting ourselves at risk for the diseases that are caused by these ingredients. Take a look at so many of the products out there that claim to help you regain or maintain your health. They have ingredients that can actually cause more problems than you already have!

In addition to carrying a higher quality product, we have also done extensive research on each of our products and we include informational documents to give to your customers along with the products they are interested in. This way they have information that tells them more about the product, what they can use it for, what the benefits of the product are, dosage information, etc. Our customers love having the information they can keep and share with others rather than trying to remember it all.

This "Distributor Program" can open new doors of opportunity for you! It can help you and others regain and/or maintain your health, and provide you a source on income in this economically depressed time. No matter how bad things get, people always need to get well. Hope for Health is dedicated to helping people get healthy and stay healthy as economically as possible. More and more people have lost insurance. More have higher co-pays. More are finding that prescriptions just aren't helping. Want a way to help both **them and you**? Here's what we offer...

Benefits of a Hope for Health Distributor:

1. 30% off all supplements, foods, and body products
2. Free product information cards
3. Free health catalogs
4. Free health advice, for both your questions and your customers

Requirements to be a Distributor

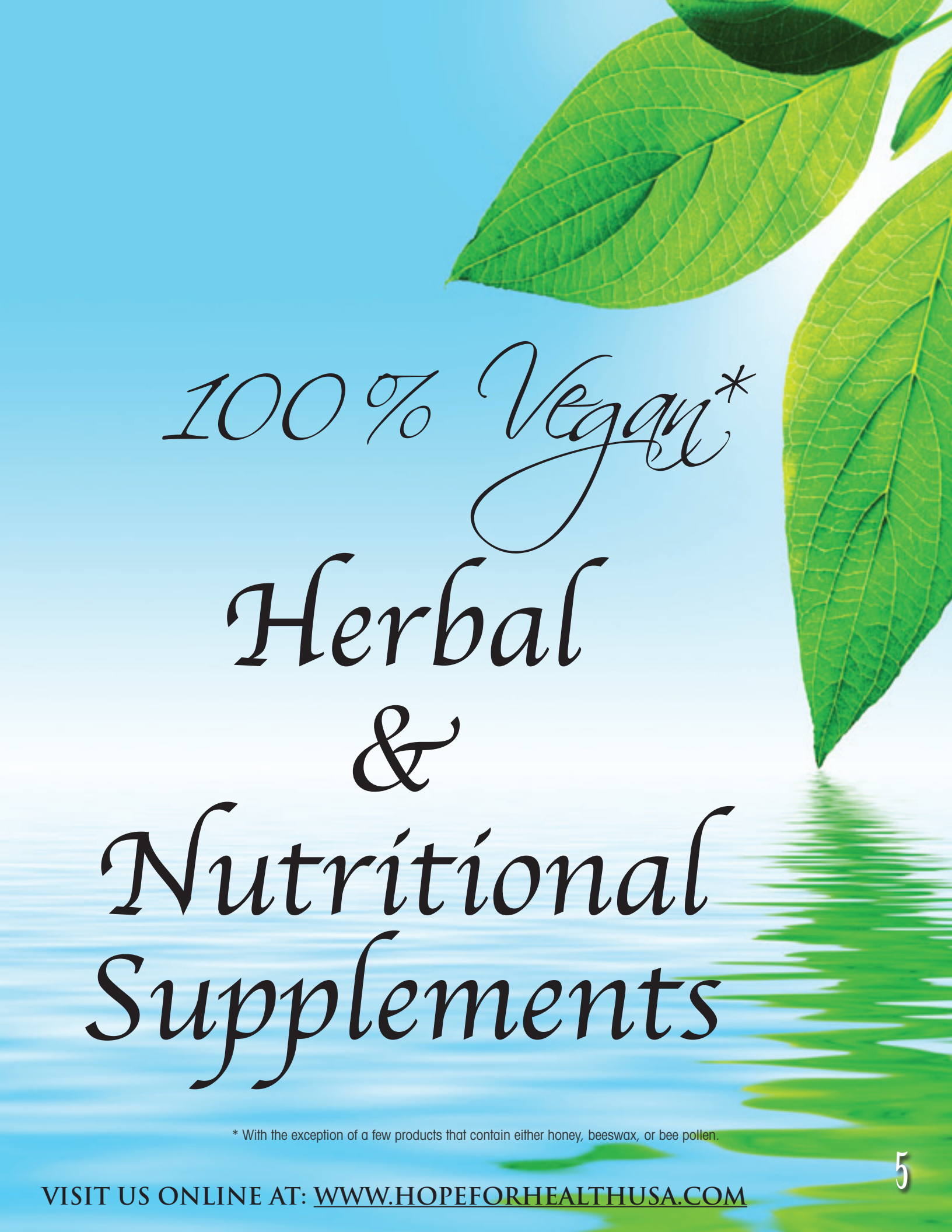
1. Each order must be a minimum of \$500.00 retail (About \$350.00 your cost)
2. You pay actual shipping cost, (not set shipping rates).

We have already done all the work. There are sick people everywhere! And nobody wants to be sick! Everyone that you talk to, visit, see at the store, friends, family, co-workers is a person to help, and now they can help you!

That's it! No forms; no other requirements; no classes! Start helping others, and helping yourself at the same time! Call today to become a Hope for Health "Distributor!"

* With the exception of a few products that contain either honey, beeswax, or bee pollen.

****NOTE:** Because of extra handling time, distributor orders may take 1-3 days longer to process and ship. Please plan your orders accordingly. Thank you for your patience.

The background of the page features a light blue sky transitioning into a body of water. On the right side, there are several large, vibrant green leaves with detailed vein patterns, some of which are reflected in the water below. The overall aesthetic is clean, fresh, and natural.

*100% Vegan**
Herbal
&
Nutritional
Supplements

* With the exception of a few products that contain either honey, beeswax, or bee pollen.

VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

I have tried many chewable vitamin C products, but Hope For Health's **Acerola Chews** are by far the best and most tasty! They have a great tangy yet sweet flavor! I never have to worry about my kids getting their dose of vitamin C, because now they LOVE taking them! Thank you!! - J.D.

90 Wafers
\$7.99 HXHH-ACHE



Suggested Adult Dosage:

- 1-3 wafers each day

Suggested Child Dosage:

- 1-2 wafers each day

Acerola Chews



*Finally! A delicious chewable form of vitamin C that your kids will love!
This chewable vitamin C is so tasty; your kids won't know it's so good for them!
And for you adults who want a taste – don't worry; it's good for you too!!*

Just a FEW of the benefits of the PURE Vitamin C in our Acerola Chews:

- Promotes healthy teeth and gums
- Protects your skin and organs against premature aging
- Helps ease pain and swelling of the joints
- Helps prevent frequent or easy bruising/bleeding
- Promotes a very strong immune system
- Helps prevent frequent colds and infections

Why Should I Supplement with Vitamin C?

Most importantly, our bodies cannot make vitamin C on their own, so we need to supplement our diet with a high quality vitamin C product, such as Acerola Chews. Vitamin C is known to strengthen the immune system, improve oxygenation, and fight disease. It also directly helps to build collagen cells.

Why Collagen Is SO Important:

Collagen is the most ubiquitous substance in the body, meaning it is present in and critical to almost every component of the body. It is especially abundant in connective tissue. Connective tissue gives our body form and supports our organs. Bones, teeth, skin, ligaments, cartilage, and numerous other tissues in the body require a healthy supply of collagen in order to function properly.

For abundant access to critical collagen, try Acerola Chews today!

FACTS:

- Studies reveal that acerola contains more than **150 active nutrients and super-nutrients!**
- A Brazilian super-food, the **Acerola cherry** is best known for its exceptionally high levels of vitamin C. Acerola contains 10–50 times more vitamin C by weight than oranges. For the sake of comparison, 100 grams of ripe **Acerola cherry** contains 17,000 milligrams of vitamin C, whereas 100 grams of orange fruit contains only 50 milligrams!
- Most vitamin C and multivitamin supplements contain ascorbic acid or ascorbate, which is the outer ring that surrounds the real vitamin C complex. That's right, REAL vitamin C is a complex of several different factors, all of which must work together to give you all the many benefits of vitamin C. Whole foods like **Acerola cherries** come with the ENTIRE vitamin C complex, which can efficiently reach and nourish all of the cells of your body, providing the health benefits listed previously.

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

TO ORDER CALL: 1-800-468-7884



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 test strips are made specifically to test saliva and urine, and are the most accurate and economical test strips on the market!

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

Why pH Strips Instead of pH Paper?

Compare **Alkalive pH Stix** with standard pH paper from rolls. Paper tends to bleed when it gets wet, making the determination of the correct color quite a challenge. **Alkalive pH Stix** are different - the reagent is affixed to a plastic strip. No paper, no bleeding, no mess; easy testing. Also, due to the narrow range in pH of urine and saliva (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, our **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 our **Alkalive pH Stix!**

Suggested Usage:

• In order to gain full insight into the pH of your body fluids, it is recommended to test both urine and saliva.

SALIVA: Take a saliva reading before and after meals. The alkaline levels of your saliva should be greater after meals because there is an abundance of alkaline-rich minerals in saliva. Then test your saliva 60 minutes after a meal. If the pH level is lower than 6.75, then your alkaline mineral reserves are low.

URINE: For best test results, test your second urination in the morning. You will likely see urine pH become more alkaline as the day progresses. Test frequently during the day, and determine an average.

Hope for Health

What Doctor's Are Saying:

Christopher Vasey, N.D., author of The Acid Alkaline Diet has this 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 **Alkalive pH Stix.**"

80 Stix
\$10.99 SXSB-SMWE



Alkalive pH Stix come complete with directions, indicator color chart, and a guide to how to interpret results.

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

VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

100 Capsules
\$10.99 HXHH-ANAM



Suggested Adult Dosage:

- 2-6 capsules daily, depending on severity of illness

WARNING: DO NOT USE THIS PRODUCT WHEN PREGNANT OR NURSING. Due to its stimulant effect on the uterus, Anamú should not be used during pregnancy.

DRUG INTERACTIONS: None published. However, Anamú contains a low concentration of coumarin, which has a natural blood-thinning effect. People with blood disorders such as hemophilia and, people on blood-thinning medications should not use this product without the supervision and advice of a qualified health care practitioner.

Anamú



We have recently been able to procure a highly potent form of the relatively unknown Amazonian herb, Anamú. Why is this so important, you say? If you've never heard of the health benefits of Anamú, hold on to your seats! This incredible herb stimulates the body to produce interferon, a substance that, among other things, produces electrical impulses that prevent and inhibit the growth and the spread of disease cells in the body. Doesn't everyone want to prevent disease cells from growing in their body? If so, try Anamú!

Has been used to help PREVENT, FIGHT, or KILL:

- Cancer cells
- Free radical damage
- Parasites and worms
- Leukemia cells
- Viruses and Bacteria
- Candida Albicans
- Fungal infections
- Tumor growth

Has been used to help significantly REDUCE:

- Blood sugar
- Convulsions/Seizures
- Symptoms of P.M.S
- Anxiety/Nervousness
- Symptoms of Asthma
- Pain & Inflammation
- Symptoms of Arthritis
- Occurrence of colds/flu
- Muscle Spasms

Even MORE health benefits:

- Enhances immunity
- Facilitates detoxification
- Contains natural antibiotic and antimicrobial compounds
- Gentle sedative
- Strengthens the lungs
- Stimulates the uterus
- Fights respiratory illness

BENEFITS:

- **Anamú's** analgesic properties make it a popular remedy for relieving pain in the joints associated with osteoarthritis.
- One of the proven curative properties of this plant includes the dissolution of accumulation of uric acid and other waste products in the body. In this way it is beneficial for helping treat gout and facilitating detoxification.
- Laboratory experiments show that certain compounds in the **Anamú** plant were able to differentiate between normal stomach cells and cancer cells, killing only cancerous stomach cells. Source - Reuters News Report, 2002
- According to one study, **Anamú** was found to reduce blood sugar levels in fasting mice by more than 60% within one hour after its administration. This apparent hypoglycemic activity indicates the possible benefits of using **Anamú** in the treatment of diabetes. Source - "Anamú, Study of the Hypoglycemic Effect." Med Interne; 1990, 28(4), 347-352.
- Traditional medicinal uses of **Anamú** include the treatment of numerous respiratory illnesses, including: asthma, bronchitis, hoarseness, pneumonia, and whooping cough.
- **Anamú** leaves have been found to contain several active constituents, namely tannins, senfols, polyphenols, and an antibiotic compound called benzyl-2-hydroxyethyl-trisulfide. This latter substance may be responsible for the majority of **Anamú's** immune-enhancing properties. Source - Duke PhD, J. Dr. Duke's Phytochemical and Ethnobotanical Databases

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TO ORDER CALL: 1-800-468-7884



Arthri-Gone

Your days of "coping" with joint and muscle pain are over. You can now experience total relief and finally enjoy doing everyday things! You will no longer have to fear the crippling pain from doing chores around the house or the stiffness and soreness after normal activities such as: playing with your grandchildren, taking a walk with a loved one, or simply turning a door knob or faucet. Our Arthri-Gone has helped thousands of people get the pain relief they needed!

Discover the benefits of the 29 extraordinary ingredients in Arthri-Gone:

- **Devil's Claw** - Helps alleviate arthritis symptoms, particularly pain and inflammation.
- **Alfalfa Leaves** - Helps relieve fluid retention, swelling, & arthritis.
- **Yucca** - Reduces inflammation & joint pain associated with osteo- and rheumatoid arthritis.
- **White Willow Bark** - Renowned for anti-inflammatory & pain-reducing abilities, especially for arthritis.
- **Cat's Claw** - Suppresses pain and inflammation and heals joints.
- **MSM** - Reduces pain and inflammation, restores cartilage.
- **Horsetail** - Helps to reduce inflammation and combat arthritis, gout, and muscle spasms.
- **Ginger** - Proven equally effective as conventional drugs for relieving pain & inflammation with arthritis.
- **Licorice** - Alleviates arthritis symptoms, especially pain.
- **Bromelain** - Reduces symptoms of inflammatory disorders.
- **Evening Primrose Oil** - Reduces inflammation.
- **Citrus Bio-Flavonoid Complex** - Powerful anti-inflammatory.
- **Borage Seed Oil** - Reduces pain, inflammation, and swelling.
- **Boswellia** - Helps with various inflammatory conditions, particularly rheumatoid and osteo-arthritis.
- **Vitamin A** - Crucial to the formation of collagen & connective tissues - which aids healing of arthritis.
- **Vitamin B6** - A deficiency of this vitamin raises risk for arthritis.
- **Vitamin C** - Reduces inflammation and speeds healing of joints.
- **Vitamin D2** - Has protective qualities against arthritis.
- **Vitamin E** - Enhances the repair of connective tissues.
- **Calcium** - Replenishes calcium, increases bone strength.
- **Magnesium** - Re-mineralizes bones and helps prevent arthritis.
- **Pantothenic Acid** - Reduces joint inflammation and stiffness.
- **Niacinamide** - Improves joint mobility and muscle strength. May completely eliminate joint pain.
- **Copper** - Powerful anti-inflammatory.
- **Selenium** - Prevents inflammatory and neurological diseases.
- **Zinc** - Quells inflammation, reduces pain.
- **Quercitin** - Inhibits joint inflammation and pain.
- **Niacin** - Improves joint mobility and muscle strength. Also decreases muscle and joint fatigue.
- **Boron** - Helps the body conserve calcium. Helps prevent bone loss & maintains healthy bones & joints.

Hope for Health

Hope For Health's Arthri-Gone can help:

- Reduce swelling and inflammation.
- Reduce muscle & joint pain.
- Reduce muscle and joint fatigue.
- Increase muscle strength.
- Increase joint mobility.

100 Caplets
\$21.99 HXHH-ARTH



Suggested Adult Dosage:
• 2-4 caplets daily

FACTS:

- Arthritis limits everyday activities such as walking, dressing, and bathing for more than 7 million Americans.
- An estimated 46 million adults in the United States alone reported being told by a doctor that they have some form of arthritis.
- Arthritis affects people of all age groups, including nearly 300,000 children.
- Arthritis is second **only** to heart disease as a cause of work disability.
- It is estimated that by the year 2020, 59 million people in the United States will have arthritis.

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VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals, as surely as the savage tribes have left off eating each other.... ~ Henry David Thoreau, Walden, 1854

I venture to maintain that there are multitudes to whom the necessity of discharging the duties of a butcher would be so inexpressibly painful and revolting, that if they could obtain a flesh diet on no other condition, they would relinquish it forever. ~ W.E.H. Lecky

Would you kill your pet dog or cat to eat it? How about an animal you're not emotionally attached to? Is the thought of slaughtering a cow or chicken or pig with your own hands too much to handle? Instead, would hiring a hit-man to do the job give you enough distance from the emotional discomfort? What animal did you put a contract out on for your supper last night? ~ Anonymous





B-Complex

Want to be naturally beautiful? B-Complex is essential for clear, luminous skin, soft and shiny hair, youthful looks, and for delaying hair graying. B-vitamins ALSO counteract stress & anxiety! Skin trouble? Studies show that 40% of dermatitis sufferers lack B-vitamins. Since they play such a major role in activities throughout the entire body, many common health problems may simply be a lack of adequate B-vitamin nutrition.

B-Complex Vitamins Are Also Essential For:

- The breakdown of carbohydrates into glucose, which gives you energy!
- A normal appetite and fewer cravings.
- Optimal liver functioning and blood cell formation.
- The breakdown of fats and proteins, aiding normal functioning of the nervous system.
- Healthy muscle tone in the stomach and intestinal tract, which promotes healthy digestive function.

Want to lose weight and stay fit?

B-Complex vitamins are some of the most important vitamins involved in weight regulation, fat utilization, energy production, and proper thyroid function. If you are trying to lose weight, supplementing with **B-Complex** vitamins may just be that extra push your body needs!

Hope for Health's B-Complex Contains:

- **Vitamin B1 (Thiamin)** - Helps the body produce energy. Has a key role in enzymes that influence muscles, nerves, and the heart. Promotes a normal, healthy appetite.
- **Vitamin B2 (Riboflavin)** - Encourages healthy thyroid function and metabolism. Promotes good vision and healthy skin.
- **Vitamin B3 (Niacinamide)** - Maintains the health of the skin, nervous system, and digestive system. Essential for healthy thyroid function and thyroid hormone regulation.
- **Vitamin B5 (Pantothenic Acid)** - Boosts energy levels, normalizes hormone levels, helps the body to use and metabolize fat rather than store it.
- **Vitamin B6 (Pyridoxine)** - Promotes healthy skin and mucus membranes; aids in regulating thyroid hormone; and boosts metabolism.
- **Vitamin B7 (Biotin)** - Helps release energy from carbohydrates; aids in fat synthesis; and promotes healthy hormone levels.
- **Vitamin B9 (Folic Acid)** - Has protective qualities against certain cancers; aids in red blood cell production; and contributes to a balanced metabolism.
- **Vitamin B12 (Cobalamin)** - Aids in the development of healthy red blood cells. Strengthens and maintains the nervous system. Helps regulate use of other B-Vitamins. Increases energy levels and aids in weight loss.
- **Choline Bitartrate** - Needed for efficient fat metabolism. Choline deficiency leads to fats becoming trapped in the liver.
- **Inositol** - Aids choline in the metabolism and utilization of fat. (Helps process it so it is used rather than stored).
- **Para Aminobenzoic Acid (PABA)** - Reduces the appearance of wrinkles, keeps skin smooth, and is said to restore graying hair to its original color.

B-Complex and Cancer:

- There is evidence from studies looking at large groups of people showing that increased intake of vitamin B9 (folic acid) is linked to a lower risk of colon cancer, especially in people who are vitamin deficient (especially those who drink excess amounts of alcohol).
- Some of the studies looking at large groups of people have also shown a possible link between intake of vitamin B6 and lower risks of colo-rectal and breast cancers in women.

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VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

What doctors are saying:

"They aren't fountains of youth, but a growing body of evidence suggests that **B vitamins** play an important role in protecting against many age-related problems, from heart attacks and strokes to Alzheimer's disease and osteoporosis."

Andrew Weil, M.D.

100 Capsules
\$9.99 HXHH-BCOM



Suggested Adult Dosage:
• 1-2 capsules daily

Hope for
Health

Blush may help:

- Aid in weight loss
- Fight menstrual or menopausal disorders
- Increase energy & stamina
- Enhance sexual stimulation & fight sexual disorders
- Improve mood and fight depression
- Fight digestive problems including heartburn & constipation
- Prevent or alleviate headaches (including migraines)

100 Capsules
\$7.99 HXHH-BLUS



Suggested Adult Dosage:
• 2-3 capsules daily

Blush

100%
Vegan*

Our Blush is made of 100% pure and natural Damiana herb. It is a highly-potent herbal supplement that helps to combat a plethora of female problems. First discovered and used as an aphrodisiac, Damiana has since been proven to be beneficial for many feminine health issues.

Discover some of the benefits of the 100% pure **Damiana** in **Blush**:

Blush with Damiana for Weight Loss

Damiana has an additional promising benefit: it can aid weight loss! Research conducted at the Department of Ultrasound, Medical Centre, Charlottenlund in Denmark found that the plant slows down the emptying of food from the stomach. This means you feel full even after eating a small meal, which prevents over-eating and promotes good digestion (Andersen T, Fogh J. J Hum Nutr Diet. 2001 Jun;14(3):243-50). The extract also stimulates blood circulation in the body and can cause an increase in energy level that aids in weight loss.

Blush with Damiana for Depression & Anxiety

Damiana extract is thought to calm the nervous system and act as an anti-depressant. This helps to soothe nervousness, anxiety, and mild depression. Damiana encourages an overall feeling of well being and is used for treating mood disorders. It helps level hormonal responses and boost mood.

Blush with Damiana for Menopause

This medicinal herb has hormonal balancing properties. It has been shown to help with the hormonal imbalances common with menopause in women. However, scientists have reassuringly confirmed that Damiana does **not** have any effect on the female hormone estrogen. This means that there is no risk attached to its use that it might cause estrogen-related cancers like breast cancer or other side effects typically associated with hormonal therapy. (Women's Health (Larchmt) 2004 May;13(4):427-30).

Sexual Function

This herb has traditionally been used as an aphrodisiac. Modern research supports this use as well. It has been shown to increase both the sperm count in males and the strength of eggs in females, help with erectile dysfunction and inability to achieve orgasm. While it has been shown to help increase blood flow and stimulation in the sexual organs, it also increases energy levels which also helps to restore libido and desire.

Damiana's ability to improve female sexual health has been thoroughly examined. In one study, scientists from the School of Medicine, University of Hawaii, studied 77 women over the age of 21 who wanted to improve their sexual function. 34 of these women took a preparation containing Damiana (which improves blood circulation to the sexual organs), and 43 received a placebo (sugar pill) each day. After only four weeks, **over 73 percent** of the women who took the Damiana preparation reported an overall improvement in their sex lives, compared with only 37.2 percent of those in the placebo group. Improvements were experienced in several areas including: sexual desire, reduction of vaginal dryness, frequency of sexual intercourse and orgasm, and increased sensation. (Ito TY, Trant AS, Sex Marital Ther. 2001 Oct-Dec; 27(5):541-9)

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TO ORDER CALL: 1-800-468-7884



Candida Plus

Candida is a fungal infection that can cause nutritional deficiencies, upset the normal intestinal flora balance, and suppress your immune system. Under normal conditions, our immune system will stop Candida from spreading uncontrollably. However, if the immune system is deficient, the yeast may multiply and change from a benign form to a pathogenic form, causing some serious health problems.

Do you suffer from:

- Weight gain or loss
- Frequent headaches
- Stomach aches/cramps
- Weakness/dizziness
- Depression/anxiety
- Chronic heartburn
- Constipation or diarrhea
- Gastritis/colitis
- Frequent or recurrent viral infections
- Abdominal distention/bloating/excessive gas
- Increased chemical sensitivities/allergic reactions
- Vaginal yeast infections/pain during urination
- Memory loss/decreased concentration

If so, you may be suffering from a Candida infection. Candida Plus is specially formulated to help prevent and even reverse Candida infections.

Discover the 10 extraordinary ingredients in Candida Plus:

- **Hemicellulase** - An enzyme that breaks down and destroys Candida without stimulating it to release toxins into the body during the process.
- **Amylase** - A digestive enzyme that aids digestion and helps the body break down starches.
- **Glucoamylase** - Prevents Candida (yeast) infections.
- **Malt Diastase** - An enzyme that is useful for digestive support and general nutritional support.
- **Invertase** - Prevents and fights yeast infections.
- **Pau D'Arco** - A natural anti-fungal, anti-bacterial, and anti-viral.
- **Cellulase** - An enzyme that breaks down and destroys Candida.
- **Goldenseal Extract** - Prevents and fights fungal and parasitic infections.
- **Biotin** - Limits the spread of Candida.
- **Grapefruit Seed Extract** - Fights viral, bacterial, and fungal infections.

Our Candida Plus can help:

- Prevent and treat Candida (yeast) infections
- Improve digestion (especially of starches)
- Prevent and fight viral, bacterial, and fungal infections
- Reduce or eliminate symptoms of a Candida infection

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

VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

FACT:

Our intestines are home to thousands of billions of microorganisms. Normally, about 85-90% are called "friendly" bacteria, while the remainder, such as yeast and parasites are called "unfriendly."

90 Capsules
\$14.99 HXHH-CPLU



Suggested Adult Dosage:
• 2-3 capsules daily

Hope for Health

FACTS:

- A properly functioning immune system destroys up to 10,000 potential cancer cells EVERY DAY!
- 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.

90 Caplets

\$15.99 HXHH-CB90

180 Caplets

\$25.99 HXHH-CB180



Suggested Adult Dosage:

- Normal dose to increase immune function: 1 caplet with each meal (3 per day).
- To fight current infection: 2-4 caplets every 4 hours until the symptoms subside.

C-Blast

100%
Vegan*

Everyone knows that vitamin C is essential for its immune-boosting, cold-busting, and cancer-killing properties. Even celebrities such as Larry King, Paul Harvey, and Rush Limbaugh extol the virtues of vitamin C. But all vitamin C products are not created equal! The most effective form of vitamin C comes from whole-food sources. Most vitamin C products out there contain only synthetic ascorbic acid (yet even natural ascorbic acid is just 1/7th of what is in whole-food vitamin C).

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

- Muscle and joint pain
- Low resistance to colds and the flu
- Exhaustion/weakness/feeling extra tired
- Fragile bones
- Easy bruising or difficulty healing
- Loose teeth, swollen, sore, or bleeding gums

Discover some of the benefits of the 15 extraordinary ingredients in C-Blast:

- **Acerola Cherry** - Packed full of vitamin C, this cherry promotes a strong immune system and helps prevent frequent colds and infections.
- **Camu Camu** - Supports the immune system, fights and prevents viral infections, and helps maintain optimal health; especially under conditions of stress and anxiety, which tend to deplete the immune system.
- **Indian Goose Berry** - With 20 times the Vitamin C of an orange, this little berry packs a punch. Boosts the immune system and is a very potent antiviral.
- **Whole Grapefruit** - High in vitamin C and bioflavonoids that boost the immune system and help fight or prevent cancer.
- **Whole Lemon Fruit** - Restores acid-alkali balance. Helps maintain the body's internal "climate" at a pH which supports healthy bacteria instead of the viruses and harmful bacteria which thrive in more acidic environments. Fights infections & purifies the blood.
- **Whole Lime Fruit** - Very high in Vitamin C, lime fruit also cools fevers associated with colds, sore throats and flu; and aids the immune system. It eases coughs, bronchitis and sinusitis, as well as asthma.
- **Whole Orange Fruit** - Rich in vitamin C, orange fruit helps to boost the immune system. It is also chock full of other vitamins & minerals that help keep the body healthy & strong.
- **Alfalfa Grass Juice** - Improves vitality and stimulates the immune system. It contains ALL the known vitamins, and a plethora of other key minerals and nutrients.
- **Wheat Grass Juice** - Provides a unique source of nutrition that helps to regulate the immune system. It will strengthen deficiencies and reduce overactive systems (as in auto-immune disorders).
- **Oat Grass Juice** - Strengthens a weak constitution. Packed with nutrients; it contains many vitamins and minerals, is very high in protein, and contains all the essential amino acids along with chlorophyll, flavonoids, lecithin, and enzymes.
- **Barley Grass Juice** - Contains immune-boosting and cancer-fighting properties.
- **Red Grape Juice** - A natural antioxidant and anti-inflammatory, it boosts immunity.
- **Raspberry Juice** - Rich in vitamins A and C, raspberry juice enhances the immune system during the cold and flu season.
- **Blueberry Juice** - Called a "super food," blueberry juice boosts the effectiveness of vitamin C on the immune system and reduces inflammation.
- **Blackberry Juice** - A rich source of Vitamin C, blackberry juice helps to stimulate the immune system and prevent infections.

Our C-Blast is formulated with only the finest, purest, whole-food ingredients that will give your immune system a BLAST of power!

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

- Accelerated wound healing
- Regulated stress and energy levels
- Improved gastrointestinal health
- Reduced cholesterol and blood pressure
- Improved skin tone and suppleness
- Strengthened immune system
- Slowing of the aging process

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

TO ORDER CALL: 1-800-468-7884



Charcoal (Activated)

It was 1831. In front of his distinguished colleagues at the French Academy of Medicine, Professor Touery drank a lethal dose of strychnine and lived to tell the tale. You see, he had combined the deadly poison with activated charcoal. That's how extremely powerful activated charcoal is as an emergency decontaminant. Activated charcoal is considered to be the single most effective agent available. It works by keeping the poison from being absorbed from the stomach into the body. It can be used after a person swallows or absorbs almost any toxic drug or chemical.

FACTS:

- Powdered **charcoal** reaches its maximum rate of adsorption in the stomach within one minute. The sooner it is given, the better the chances of successful treatment.
- Two tablespoons of **activated charcoal** has the surface area of 4 football fields! Thus a tiny amount of charcoal can adhere to a large number of molecules, ions, and atoms and adsorb poison quickly.

How Does It Work?

Activated charcoal exerts its effects by adsorption of a wide variety of drugs and chemicals. Adsorption is a process in which atoms and molecules move from a bulk phase (such as a solid, liquid, or gas) ONTO a solid or liquid surface. In other words, the toxic substance attaches to the surface of the charcoal. Because **charcoal** is not "digested," it stays inside the GI tract and eliminates the toxin when the person has a bowel movement.

There are over **FOUR THOUSAND** chemicals, drugs, toxins, and wastes adsorbed by **activated charcoal**, including: arsenic, cocaine, lead acetate, mercury, opium, narcotics, pesticides, radioactive substances, and more!

United States Poison Control: 1-800-222-1222

Poisoning:

It is best taken in powder form for poisoning, to adsorb the toxic substance as fast and as completely as possible.

- 1 tablespoon in a small amount of water for every gram of poison taken. If you don't know the amount of poison taken, use 1 tablespoon per 20 pounds of body weight. **NOTE:** Charcoal is most successful if used within the first hour of swallowing poison. In severe poisoning cases, several doses of charcoal might be required. Activated charcoal may not be effective for treating the ingestion of corrosive poisons such as: lye, acids, fuel oil, alcohols, etc.

Nausea, vomiting, or diarrhea:

- 1-2 tablespoons in a small amount of water after each vomiting/diarrhea episode. Follow with a glass of plain water, if tolerated.
- 2-4 teaspoons for children, depending on body weight.

Gas, heartburn, or upset stomach:

- 2-4 capsules after each meal. 1-2 capsules for children, depending on body weight.)

General cleansing and detoxification:

- Activated charcoal can be used as a digestive system cleanse. The duration of this cleanse is usually 1-2 weeks. 2-4 capsules three times per day 1 hour before or 2 hours after meals and medication. Activated charcoal binds intestinal toxins and unfriendly microbial growth and excretes them in the stools. **WARNING:** Charcoal can decrease your body's absorption of certain nutrients and also interfere with medications. Because of this, frequent use is not recommended. (For continued detoxification, try European Green Clay).

Hope for Health

FACT:

In a study reported in the Journal of Toxicology - Clinical Toxicology, researchers surveyed 76 poison control centers in North America to compare their recommendations for treating large, acute overdoses of aspirin. 73 of the 76 centers (97%) recommended at least one dose of **charcoal**.

1 teaspoon of powder = 5 capsules

1 tablespoon of powder = 15 capsules



180 Capsules

\$14.99...HXHH-CCAP

10 oz. Powder

\$17.99...HXHH-CH10

28 oz. Powder

\$29.99...HXHH-CH28

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

Hope for
Health

Why should I take Chlorophyll Liquid?

Today, our modern eating habits are very low in green leafy vegetables. These are the foods that are very high in **Chlorophyll** and provide all-natural detoxification. As more and more research is done, scientists are learning that **Chlorophyll** is not only a cleansing and blood building food, but that it can be used to counter radiation and may prevent certain cancers from forming. In addition, another amazing benefit of **Chlorophyll** is its ability to kill germs, promote intestinal health and its use as a topical skin healer.

16 oz. Liquid
\$14.99 HXHH-CLIQ



Suggested Adult Dosage:

- 1-2 tablespoons each morning with food

Chlorophyll

100%
Vegan*

Chlorophyll, the green "blood" of plant life is made by plants through a chemical process called photosynthesis. It is the natural green plant pigment in grass, leaves, and many of the vegetables we eat. As a natural plant extract, it is actually a whole food! Extremely high in nutrients, Chlorophyll, whether taken internally or applied topically, has the ability to help heal all body cells. Externally, wounds heal faster and with less scarring; internally, colitis, ulcers, anemia, infections, and even cancer all heal more quickly and permanently.

Chlorophyll Liquid:

- Enhances energy levels
- Detoxifies the liver, cleanses the body, and purifies the blood
- Helps build red blood cells (helpful for anemia)
- Cleanses the entire digestive tract
- Relieves constipation and soothes stomach ailments
- Eliminates body odor & bad breath, is an internal deodorizer
- Is beneficial for cancer prevention and therapy

Radiant Skin

Chlorophyll acts as a superb antioxidant to help support the body in maintaining healthy tissue and fighting the effects of aging. The results are smoother skin, clearer complexion, and youthful looks.

Germ Control

Studies show that **Chlorophyll** creates an environment that prevents the growth of bacteria. It did not directly kill the bacteria, but rather prevented their growth. When bacteria cannot proliferate, they eventually die off. **Chlorophyll** was shown to be particularly effective in reducing the growth of anaerobic bacteria (ones that can grow without the presence of oxygen).

Cancer Prevention and Treatment

Scientists have studied **Chlorophyll** for many years. Some research shows that it may be beneficial for the prevention of cancer. In 1980, Dr. Chiu Nan Lai reported that **Chlorophyll** extracted from wheat grass slowed the cancer-causing effects of benzopyrene and methylcholanthrene. In addition, other lab tests have shown that **Chlorophyll** can reduce the ability of cancer-causing agents to cause genes to mutate.

Fibromyalgia and Blood Pressure

In the March 2001 study by Virginia Commonwealth University's R.E. Merchant and C.A. Andre, supplementation with **Chlorophyll**-rich chlorella was shown to reduce high blood pressure, lower LDL ("bad" cholesterol), accelerate wound healing, and improve immune function in colitis and fibromyalgia patients. They gave supplemental chlorella to 55 fibromyalgia patients, 33 with hypertension, and nine with ulcerative colitis. These results followed a 2000 study by Merchant that showed a 22 percent decrease in pain intensity in patients with moderately severe fibromyalgia after two months of daily chlorella supplementation.

Detoxification

Chlorophyll Liquid counteracts toxins, and the result is that the body heals faster! It also works in purifying the liver, eliminates old toxic material, and deodorizes the bowels and the entire body. This leaves your body clean and able to do heal faster and more completely.

Chlorophyll Liquid is non-toxic, safe and soothing to body tissues, and is considered very safe for people of all ages.

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TO ORDER CALL: 1-800-468-7884



CholesterX

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 could be one of them. High cholesterol is a serious risk factor for heart disease, heart attack, stroke, and Alzheimer's disease.

Discover the benefits of the 13 extraordinary ingredients in CholesterX:

- **Plant Sterols** - Help normalize blood cholesterol levels by reducing cholesterol absorption in the intestines.
- **Commiphora Molmol (Myrrh)** - Helps to lower lipoproteins, cholesterol levels, triglycerides, and LDL cholesterol.
- **Soy Bean Extract** - Helps in reducing serum cholesterol.
- **Oat Bran** - Helps reduce LDL (bad cholesterol) by reducing cholesterol absorption in the intestines.
- **Inositol** - Helps in reducing LDL (bad cholesterol) and raising HDL (good cholesterol).
- **Psyllium Husks** - Help lower total cholesterol, LDL (bad cholesterol), and serum lipid levels.
- **Chromium (as polynicotinate)** - Helps to reduce bad cholesterol and increase good cholesterol.
- **Odorless Garlic Extract** - Helps to keep the blood cholesterol levels in good balance.
- **Vitamin B-6** - Helps to decrease the rate at which good cholesterol is damaged through oxidation.
- **Pantethine** - Helps to increase HDL levels, therefore decreasing total cholesterol levels.
- **Artichoke Extract** - Helps to lower cholesterol levels throughout the body.
- **Soy Lecithin** - Helps to reduce total cholesterol levels.
- **Grapeseed Extract** - Helps reduce total serum cholesterol levels.

**Crush bad cholesterol with CholesterX,
a powerful cholesterol-reducing formula!**

FACTS:

- More than 2,500 Americans die from heart disease EACH DAY.
- When looking at the cadavers of men in their 20's 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.
- At least 250,000 people die of heart attacks each year before they even reach the hospital.

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VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

Did you know?

Synthetic chemicals are often prescribed to help with cholesterol problems. But so often, the side effects of these drugs can be more injurious than the problem you are trying to resolve.

90 Caplets
\$14.99 HXHH-CHOX



Suggested Adult Dosage:
• 2-3 caplets each day to help regulate healthy cholesterol levels.

Hope for Health

"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.**

90 Capsules
\$10.99 HXHH-CCLE



Suggested Adult Dosage:

- To cleanse the colon and improve digestive health: 1-2 capsules, 1-2 times per day.
- For stronger cleansing or to relieve constipation: Increase dose up to 4 capsules, 3 times per day.

Colon Clear

100%
Vegan*

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, 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.

Colon Clear is the 100% natural way to help:

- Prevent colo-rectal diseases.
- Improve gastrointestinal health.
- End constipation.
- Produce natural waste flow like clockwork, reducing irritation and discomfort.
- Reduce excess gas, and the gas-producing bacteria that thrive in the lower bowel.
- Form softer, more natural stools.

Discover the benefits of the 13 extraordinary ingredients in Colon Clear:

- **Bentonite Powder** - A natural detoxifier, it is especially beneficial for intestinal cleansing programs.
- **Concentrated Aloe Vera Powder** - A medicinal herb used internally to cleanse and soothe the digestive tract.
- **Psyllium Seed Powder** - Helps prevent hemorrhoids and diverticula.
- **Celery Powder** - A natural antioxidant, diuretic, and laxative.
- **Prune Concentrate** - Helps enhance regularity.
- **Mint** - Eases discomfort associated with IBS.
- **Acidophilus (vegan source)** - Improves colon health by supporting "friendly" intestinal flora.
- **Flaxseed Powder** - Coats and lubricates the bowel which helps keep the colon walls clean.
- **Anise** - Helps prevent constipation and bloating.
- **Vitamin C** - Contains powerful antioxidants that help prevent colon (and other) cancers.
- **Magnesium** - Helps to prevent constipation by relaxing your colon walls when you are under stress.
- **Papain (from tropical papaya fruit)** - Helps prevent constipation and intestinal parasite infections.
- **Bromelain Enzymes (from pineapple)** - Helps destroy intestinal parasites and fights inflammation.

FACTS:

- The Royal Society of Medicine of Great Britain says, "More than 65 different health conditions are caused by a TOXIC colon!"
- 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 vitally important to achieve health."
- 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."

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TO ORDER CALL: 1-800-468-7884



Comfort Cream

Comfrey has been used around the world for hundreds of years for the treatment of injuries and pain. Now, Hope for Health has formulated a high-quality, super-potent herbal infused healing balm. If you suffer from pain, either from injury or a chronic condition, Comfort Cream can give you the "Comfort" you've been looking for. Comfort Cream will soothe the skin, decrease healing time, and reduce: pain, inflammation, swelling, and discomfort.



Scientific Study:
In a double-blind, placebo-controlled study of 142 people with acute ankle sprain, use of comfrey cream for 8 days significantly enhanced the rate of recovery.

Comfort Cream Can Be Used For:

- Sports Injuries (sprains & strains)
- Knee and Back Pain/Injuries
- Bruises/Varicose Veins
- Swelling/Inflammation
- Arthritis/Decreased Mobility
- Tissue Damage
- Joint/Bone/Cartilage Injuries
- Accelerated Wound Healing
- Psoriasis/Eczema

Discover the benefits of the extraordinary ingredients in Comfort Cream:

- **Comfrey Root Extract** - Reduces pain, inflammation, and discomfort from sprains, strains, and bruising. Particularly helpful in accelerating healing of bones and joints. (Can be used on broken bones)
- **Olive Oil** - Soothes irritations and hydrates skin.

Studies have shown that comfrey can stimulate tissue repair. This has proven extremely beneficial for improving skin conditions such as psoriasis and eczema.

FACTS:

- **Comfrey** has been found to cause cells to divide at an increased rate, thus healing bones and wounds more quickly.
- Traditionally **comfrey** is known as "Knit Bone" for its ability to help hasten healing of broken bones, sprains, and strains. In addition to healing the bones, it can also reduce the occurrence and severity of scar tissue.
- A recent study enrolled 220 people with osteoarthritis of the knee. Over the three-week study period, participants applied either a placebo cream or a **comfrey** extract cream to the painful area three times daily. The results showed a dramatic improvement in mobility and pain in the comfrey cream group as compared to the placebo group.
- 160 healthy adults with sprained ankles were randomly assigned to use either a **comfrey** cream or a topical anti-inflammatory medicine (Diclofenac gel). Each person entered the study within six hours of being injured and began using about 2 grams of the cream or gel four times per day for one week. The people using **comfrey** cream had a significantly greater reduction in pain and swelling than those using Diclofenac. Furthermore, those using **comfrey** reported faster and more complete recovery than those using Diclofenac.

4 oz. Jar
\$11.99 HXSB-COCR



Suggested Adult Dosage:

- Apply as needed to affected areas (up to 4-6 times daily).
- **Should not be applied to deep wounds

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Hope for Health

Every DAY in America:

- 40,000 people miss school or work due to asthma.
- 30,000 people have an asthma attack.
- 5,000 people visit the emergency room due to asthma.
- 1,000 people are admitted to the hospital due to asthma.
- 11 people DIE from asthma.

8 oz. Fluid
\$11.99 HXHH-CONC



Suggested Adult Dosage:

- 2-4 teaspoons twice a day, or as otherwise directed.

Suggested Child Dosage:
(4yrs and up):

- 1-2 teaspoons twice a day, or as otherwise directed.

Congesta-Clear



This unique formula is designed to loosen and drain mucus and bronchial secretions from the bronchial passageways so you breathe better! It helps relieve congestion and coughing associated with asthma, bronchitis, colds, and the flu. A particular benefit of Congesta-Clear is that it works quickly and effectively; with some people experiencing relief in as little as 15 minutes!

Discover the benefits of the 13 extraordinary ingredients in Congesta-Clear:

- **Eucalyptus Oil** - Very effective for treating a number of respiratory problems including cold, cough, running nose, sore throat, asthma, nasal congestion, bronchitis, and sinusitis. Eucalyptus oil is antibacterial, anti-fungal, anti-microbial, anti-viral, anti-inflammatory and decongestant in nature, which makes it a valuable ingredient for treating respiratory problems.
- **Garlic Extract** - A very powerful herb, garlic displays antibiotic, anti-fungal, and anti-viral properties and is reportedly effective against many flu viruses and herpes simplex (the virus responsible for cold sores). Garlic reduces congestion helps expel mucus.
- **Menthol** - A constituent of peppermint oil, menthol is a powerful antiseptic and anaesthetic, which helps to relieve pain and fight infection. Has cooling and soothing properties that give fast relief.
- **Omega 3 & 6** - Relieves pain & inflammation. Boosts immunity.
- **Onion Extract** - Breaks up heavy lung congestion, clears phlegm, and soothes the inflammation of the lungs and sinuses. Contains anti-inflammatory and secretion-stimulating properties.
- **Peppermint Oil** - Opens up lungs, bronchioles, and sinuses. Peppermint oil is very helpful for bronchitis, sinus congestion, asthma and other respiratory illnesses.
- **Radish** - Relieves congestion of the respiratory system including nose, throat, wind-pipe, and lungs; regardless of the cause. Rich in vitamins, it helps prevent future infections.
- **Rosemary** - Contains volatile oils that enhance the function of the immune system. It is useful for relieving colds, sore throats, flu, coughs, chest infections, asthma, wheezing, bronchitis, whooping cough, and excessive mucus. The warming and stimulating effects of rosemary help clear phlegm from the head and chest; its relaxing effects help relieve spasms in the bronchial tubes.
- **Watercress** - Having long been used to treat sore throat and stuffy nose, recent research suggests that watercress may have a much more vital use: preventing cancer of the throat and lungs in smokers.
- **Vitamin A** - This vitamin maintains healthy mucus membranes of the respiratory tract and lungs.
- **Vitamin D** - Research shows that an increased intake, or higher levels of vitamin D are associated with healthier lungs.
- **Magnesium Chloride** - Improves respiratory function. Deficiency is associated with an increased risk of developing lung diseases.
- **Zinc Sulfate** - Can help boost immune system and prevent colds and the flu. Zinc deficiency is associated with poor immune function.

FACTS:

- Asthma accounts for one-quarter of all emergency room visits in the U.S. each year, with almost 2 million emergency room visits.
- An analysis of 19 studies of asthma drugs like Advair and Serevent demonstrate that users run a substantially increased risk of hospitalization and death. Research shows that Advair alone may be responsible for 4,000 to 5,000 asthma deaths a year!
- Chronic bronchitis is a major cause of disability and death in the United States. The American Lung Association estimates that about 14 million Americans suffer from the disease.

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

TO ORDER CALL: 1-800-468-7884



Coral Calcium

The health benefits of Coral Calcium are as diverse as they are numerous: from relief from muscle spasms and asthma to a general balancing of moods, from cholesterol and blood pressure benefits to treatment of hiatal hernias and even periodontal improvement. Such diverse benefits of Coral Calcium can be explained by its abundant supply of every mineral found in the human body. One medical condition may be caused by the absence of one trace mineral while the next condition could be relieved through an entirely different mineral. Coral Calcium naturally contains every mineral that the human body could possibly need - in just the right amount!

Coral Calcium Helps:

- Provide you easily absorbed and usable calcium
- Maintain stronger bones and healthier teeth
- Increase muscle and joint mobility
- Neutralize harmful acids that lead to disease
- Combat arthritic conditions and heart disease
- Regulate blood sugar & blood pressure levels
- Cleanse the kidneys, intestines, and liver while breaking down heavy metals and drug residues in the body
- Support mineral levels in the body, especially with regard to natural hormonal fluctuations

What Is Coral Calcium?

Simply, **Coral Calcium** is just calcium; however, it has an advantage over other types of calcium - marine **Coral Calcium** has a wide range and optimal mix of major and trace minerals. It actually contains **every** mineral, **in similar proportion**, found in the human body. This is **vitally** important because some trace minerals are entirely missing from our food supply and supplements, yet these minerals occur in the human body - and are necessary for vibrant health!

Do I need Calcium?

Almost everyone knows that **calcium** is needed for healthy bones and teeth. But did you know that it's also needed for healthy muscles, nerve function, and is **by far** the most abundant mineral in our bodies? To live and function with optimum health, every cell in your body requires a complex interaction of dozens of minerals. **Calcium**, in particular, is vital to almost every cell and every function: heart cells, brain cells, liver, kidney, and bone cells - all require **calcium**. If they have the appropriate level of **calcium** and minerals, they all function well, and you feel great! If not, pain, disease, and premature death occur.

Why Coral Calcium?

You know you need **calcium**. The problem is that minerals, especially **calcium**, can be very difficult to get into the bloodstream. No matter how much **calcium** you take, it won't do any good if it doesn't get into your blood. The **calcium** and 73 other minerals and elements found in **coral** are naturally "ionized" (nature's smallest form, 1000 times smaller than colloidal) allowing for almost total "bio-availability" and have the inherent ability to rapidly enter the blood stream. "Bio-availability" means how much of the **calcium** you **take** actually becomes available to your body to use.

Coral Calcium & pH Balance

Resist disease by alkalizing your body with **Coral Calcium**! Alkalizing simply means changing the pH of our bodily fluids - such as blood and saliva - from acidic to alkaline. **Why is that important?** When your body becomes acidic (low pH), a shortage of oxygen in your cells leads to disease and accelerated aging, because cells need oxygen to expel toxic waste. Foods such as sweets, red meat, and carbonated drinks also lower your pH, so a healthy diet goes a long way! Eating plenty of fruits and vegetables will definitely help raise your pH level. But do you always eat fruits and vegetables? And do you get enough to make a difference? For most of us, probably not. To make - and keep - a balanced pH, the easiest and most effective method is to supplement your diet with high-purity absorbable coral. Coral is ideal for raising your pH because it contains ALL the body's minerals, in similar proportion, in a highly bio-available ionized state.

Hope for Health

Calcium and Weight Loss

A recent review of studies by the U.S. National Institutes of Health shows that one of the benefits of calcium may be weight loss. In these studies, those who were overweight tended to eat small amounts of calcium. Those who lost a lot of weight ate the most calcium. And people who ate lots of calcium lost the most fat in the mid body area. So if you're trying to lose weight, consuming more calcium may help with your weight loss.

Bone Loss and Coral Calcium

Calcium and minerals are needed for every vital function of your body, from pumping your heart, to cell division, to DNA replication. If you're not eating enough minerals to fuel these functions, your body steals it from your bones! It's an automatic self-preservation mechanism. It saves your life - but results in osteoporosis!

90 Capsules
\$15.99 HXHH-CCAL



Suggested Adult Dosage:
• 2-4 capsules daily

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

Hope for
Health

FACT:

Rich in iron, **bitter melon** has twice the beta carotene of broccoli, twice the calcium of spinach, twice the potassium of bananas, and contains: vitamins B1, B2, B3, and C, phosphorus, and dietary fiber.

100 Capsules
\$8.99 HXHH-DCON



Suggested Adult Dosage:
• 2 capsules daily

Diabetes Control

100%
Vegan*

*Trying to control your diabetes? Tired of the ups and downs? Don't want to start taking medicine or giving yourself shots? If so, we've got just the thing for you. Our **Diabetes Control** contains a special, all-natural, extremely potent form of the amazing herb, **bitter melon**. This herb has been shown to regulate blood sugar levels, strengthen the pancreas, and more! And what's better? There are **NO** harmful side effects!!*

Why is Diabetes Control so effective?

- To date, nearly 100 scientific studies have demonstrated the blood sugar-lowering effect of **bitter melon**, the primary ingredient in **Diabetes Control**. This fruit has shown the ability to enhance cells' uptake of glucose, to promote insulin release, and to enhance the effects of insulin.
- In numerous studies, at least three different groups of components found in **bitter melon** have clinically demonstrated hypoglycemic (blood sugar-lowering) properties.
- A study published in 1999 examined **bitter melon's** effect on 100 people with type 2 diabetes. On two days, researchers tested the participants' blood sugar levels in a fasting state and after drinking glucose. The first day, nothing unusual was done. The second day, participants took 500-1000 mg. of **bitter melon** extract. That day, researchers found that 86 percent of the participants experienced an average of a 14 percent drop in blood sugar BOTH after fasting and after drinking glucose than on the day prior when none was taken.

Our Diabetes Control with bitter melon can also help:

- Fight and slow the growth of certain cancers
- Prevent or improve symptoms of viral infections such as: influenza, measles, Epstein Barr, herpes, hepatitis, and even HIV
- Prevent or improve symptoms of bacterial infections such as: Staphylococcus, Streptococcus, and Salmonella
- Improve digestion

SCIENTIFIC STUDIES:

- **Bitter melon** has shown to be good for the liver and has been scientifically proven to contain insulin, act as an anti-tumor agent, and inhibit HIV-1 infection.
- In test tube studies, a protein in **bitter melon** called AP-30 kills viruses and slows the growth of some cancer cells.
- In some studies, **bitter melon** has even been shown to reduce total cholesterol.

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

TO ORDER CALL: 1-800-468-7884



Diabetic Delight

Do you or someone you love suffer with diabetes? With the numbers constantly on the rise, chances are, the answer is yes. Unfortunately, most people suffer the normal course of the disease, taking drugs or increasing doses of insulin until it finally takes it's natural course. Thankfully, we can help. Instead of maintaining and controlling the problem, why not try improving it? Our Diabetic Delight actually helps improve the function of the pancreas to help reduce or eliminate symptoms of diabetes.

Discover some of the benefits of the 17 extraordinary ingredients in Diabetic Delight:

- **Bitter Melon** - An herb that helps regulate blood sugar levels and keeps body functions operating properly.
- **Nopal Cactus Leaves** - Lowers blood sugar levels by blocking absorption of sugar in the intestinal tract. Improves liver and pancreas function. Increases insulin production over time.
- **Huckleberry Fruit** - By supplying added oxygen to the blood, Huckleberry benefits all capillaries in the body and improves circulation to the hands and feet. Huckleberry is rich in fatty acids, bioflavonoids, iron, zinc, and phosphorus.
- **Glucosol** - Stabilizes blood glucose levels.
- **Lipase** - An enzyme required to break down fats and lipids.
- **Protease** - Helps break down protein so the body can use protein's building blocks (amino acids) more effectively.
- **Spirulina** - Studies show that spirulina may reduce fasting blood sugar levels. Also enhances immune function.
- **Bromelain** - By helping to regulate the digestive process, taking bromelain makes it possible for people with diabetes to more accurately estimate when to take insulin or other medications.
- **Papain** - Papain has a mild soothing effect on the stomach and is used as a digestive aid. Also has anti-inflammatory properties.
- **Vanadyl Sulfate** - Vanadyl sulfate drives glucose (glycogen) along with amino acids into muscle cells, which supports muscular growth and repair.
- **Biotin** - Breaks down carbohydrates and lowers blood sugar levels.
- **Chromium Picolinate** - Improves blood glucose metabolism.
- **GTF Chromium** - GTF Chromium is a trace mineral that plays an important role in regulating blood sugar levels. GTF works with insulin to transport glucose from the blood into the cells.
- **Amylase** - Improves postprandial* carbohydrate tolerance in people with low glucose tolerance.
- **Zinc Gluconate** - Studies show that individuals with diabetes have impaired intestinal zinc absorption and low plasma zinc levels. Zinc supplements have the potential to help individuals with hypoglycemia, impaired glucose tolerance (IGT), and diabetes.
- **Fenugreek Seed** - Has been used as an oral insulin substitute by helping control blood sugar levels. Contains a soluble fiber that helps to maintain healthy glucose metabolism and promote fullness. This type of fiber can slow the rate of postprandial* glucose absorption.
- **Blueberry Fruit** - Promotes digestion and weight loss! Removes toxic and radioactive waste from the body.

*Levels of glucose after a meal

DIABETES FACTS:

- Diabetes was the sixth leading cause of death listed on U.S. death certificates in 2003. According to death certificate reports, diabetes contributed to a total of 224,092 deaths. Since then, these numbers have only continued to rise.
- Diabetes is the leading cause of adult blindness in the United States and the single leading cause of kidney failure and non-traumatic amputation.

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VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

Hope for Health's **Diabetic Delight** can help:

- Lower blood sugar.
- Aid in weight loss.
- Support healthy pancreatic function.
- Rejuvenate the digestive system.
- Improve circulation to hands and feet.
- Aid in treatment of all disorders of the pancreas, including pancreatic cancer.
- Promote detoxification of body from harmful pollutants.
- Provide naturally-occurring vitamins, minerals, and nutrients.

90 Caplets
\$15.99 HXHH-DDEL



Suggested Adult Dosage:

- 2-3 caplets daily

Hope for Health

100 Softgels
\$13.99 HXHH-ECOM



Suggested Adult Dosage:
• 1-2 softgels daily
(400 IU per softgel)

NOTE: While 400 IU or more of supplemental Vitamin E a day has been shown to reduce the risk of heart attacks in healthy people, those with pre-existing coronary artery disease often take 800 to 1600 IU a day based on the pioneering work of the Shute brothers in the mid 1940s, and other studies that have continued to prove the benefits of high doses of Vitamin E.

DRUG INTERACTIONS: If you are taking anti-clotting medication, consult with your doctor before taking Vitamin E.

E-Complex



Hope For Health's Vitamin E-Complex is the highest quality Vitamin E supplement available and is 100% natural! Our E-Complex contains the entire family of compounds called tocopherols, which are composed of: d-alpha, d-gamma, d-delta, and d-beta-tocopherol.

A POWERFUL ANTIOXIDANT

Vitamin E is a major antioxidant that protects the body's cells from free radicals. As we age, the damage done by free radicals accumulates in our bodies causing cell damage. As an antioxidant, **Vitamin E** neutralizes the damaging effects of the free radicals and limits their production.

Heart Disease

Numerous studies have looked at the role and benefits of **E-Complex** supplements in heart disease. Some studies, such as the Nurse Study in 1993 involving 90,000 nurses, associated **E-Complex** supplementation to an astonishing 30 - 40% lower rate of coronary heart disease!

One of the most compelling studies of the benefits of **Vitamin E** is the Women's Health Study, in which 40,000 healthy women, 45 and older, took 600 IU of **Vitamin E** supplements or a placebo every other day for 10 years. Women taking the supplements had 24% fewer deaths from heart disease. **Vitamin E**'s protective effect appeared even stronger in women 65 and older. Those taking the vitamin experienced a 26% reduction in cardiovascular events and a 49% reduction in cardiovascular deaths!

Beautiful Skin

Vitamin E taken orally plays a role in the anti-aging of skin. It helps skin look younger by reducing the appearance of fine lines and wrinkles. Also, free radicals are believed to be a part of the cause of skin aging and therefore the antioxidant activity of **Vitamin E** is extremely valuable for slowing down the aging process.

Menopause

E-Complex has proven extremely effective in reducing vaginal dryness and combating hot flashes. Because of this, **E-Complex** is being taken by many women as a safe alternative to Hormone Replacement Therapy (side effects of HRT include: an increased risk of multiple types of cancer, increased risk of blood clots, increased risk of gallbladder disease, increased risk of heart attack or stroke, and more). Why risk it? Try **E-Complex**, the safe alternative.

PMS

Studies show that **Vitamin E** is useful in treating premenstrual syndrome and fibrocystic breasts.

Alzheimer's Disease

A major study published in the New England Journal of Medicine indicated 1,200 IU - 2,000 IU of **E-Complex** per day is safe and slowed the progression of Alzheimer's Disease.

Cancer Prevention and Treatment

- **E-Complex** helps block the formation of nitrosamines, which are carcinogens (cancer-causing agents) formed in the stomach when you eat foods that contain nitrites.
- **E-Complex** vitamins may also protect you against the development of cancers by enhancing immune function.
- Some evidence links higher intake of **Vitamin E** with a decreased incidence of prostate cancer and breast cancer.
- The Iowa Women's Health Study provides evidence that an increased dietary intake of **Vitamin E** may decrease the risk of colon cancer, especially in women under 65.

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TO ORDER CALL: 1-800-468-7884



Ener-G

*Are you constantly dragging? Do you feel like you just don't have the energy you used to? Are you having a hard time remembering even the simplest things? If so, then give **Ener-G** a try! It boosts energy levels, improves memory and cognitive function, and fights stress!*

Discover the benefits of the **100% pure Panax Ginseng** in **Ener-G**:

SCIENTIFIC STUDIES ON PANAX GINSENG:

- Case studies show that **Panax Ginseng** may also be effective in lowering the sugar content in the blood and lowering cholesterol levels. Consequently, it may prove beneficial when used in connection with type 2 diabetes and when used by those suffering from high cholesterol.
- Studies show that **Panax Ginseng** has proven successful in relaxing the muscles of the lungs. By relaxing the muscles of the lungs that control the airway, **Panax Ginseng** may be able to provide some relief for symptoms associated with asthma, constriction of the airways, and other lung diseases.
- One large study of men taking **Panax Ginseng** resulted in the increase of sperm count, quality, and movement; ultimately improving overall male fertility. It appears that the chemical makeup of **Panax Ginseng** helps activate certain hormones in the body leading to induced or increased production.
- Studies show that **Panax Ginseng's** ability to regulate the immune system can assist in the prevention of colds, flu, and some forms of cancer.
- The **Panax Ginseng** plant contains steroids such as panaxtriol. The steroids are remarkably similar in structure to anabolic steroids found naturally in our body. This makes it ideal for athletes and body builders looking for a natural alternative to anabolic steroids.

Do you have poor circulation?

Some of the common symptoms of poor blood circulation may include; tingling sensation or numbness of either the hands or feet (otherwise known as neuropathy); shortness of breath; lack of energy; irregular heartbeat; poor memory; and a lack of stamina. If so, give **Ener-G** a try today!

Are you tired/fatigued?

Around 20% of Americans claim to have fatigue intense enough to interfere with normal activities. Physical causes are estimated at 20-60%, and emotional causes are the other 40-80%. **Ener-G** helps to improve symptoms of fatigue, regardless of the cause.

Are you stressed, anxious, or depressed?

The main ingredient in **Ener-G**, Panax Ginseng, gives an overall relaxing feeling as it reduces stress & anxiety. Ginseng works in a multi-purpose fashion. It helps regulate hormonal functioning (which reduces fatigue and depression), and at the same time, it helps create endorphins, making you happier!

FACTS ABOUT PANAX GINSENG:

- It stimulates the formation of blood vessels and improves blood circulation in the brain, thereby improving memory and cognitive abilities.
- It may inhibit tumor growth, and has shown cancer preventative properties.
- It is considered to be the strongest form of ginseng.
- It helps to stimulate production of immune cells called "killer T-cells" that destroy viruses and bacteria.

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VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

What does **Ener-G** do?

- Improves heart health and circulation.
- Normalizes blood pressure and reduces cholesterol.
- Energizes the body both physically and mentally.
- Increases ability to deal with stress, anxiety, & depression.
- Enhances sexual desire and fights impotence.
- Boosts sex drive; increases semen output and fertility.
- Improves athletic performance; increases endurance/stamina.

100 Capsules
\$9.99 HXHH-ENEG



Suggested Adult Dosage:
• 1-2 capsules daily

Hope for Health

FREE DVD

The Miraculous Healing Power of Clay - The Benefits of Clay Explained

Call today for your **FREE** copy!

DEHH-CLAY

TESTIMONY: (Corn)

One of my toes is bent and always rubs on my other toe. Over the years a callus (or corn) had developed. It had gotten quite painful, with the last two years being so bad it hurt constantly. Whether I was walking, sleeping, resting, elevating my foot, or anything else, it always hurt! I started using a **clay** poultice at night, and after the very first day, the pain started to go away. After only one week, the pain is already almost completely gone! I can't believe I suffered for so long when the answer was so simple - and cheap! Note: I applied the **clay** at night right before bed and left it on all night. In the morning after washing it off I applied the **Comfort Cream**.
- D.O.

European Green Clay

100%
Vegan*

Would you like to find an **INEXPENSIVE**, yet **EFFECTIVE** product that could:

- Clean out your colon and detoxify your body of harmful chemicals, radiation, heavy metals, and bacteria?
- Strengthen your immune system and purify your blood?
- Instantly alleviate pain from burns (regardless of the cause) and heal the burn site much faster and with less pain?
- Normalize your pH?
- Heal ulcers and wounds internally and externally?
- Dissolve tumors, cysts, age spots, and keloid scars?
- Create a balance of minerals in your body?
- Alleviate pain, and much, much, more?

If you haven't heard of the wonderful healing benefits of Hope for Health's European Green Clay, you're in for a real treat! Our European Green Clay can do all this and more!

Internal uses of European Green Clay:

- Ulcers/Heartburn
- Stomach Viruses
- Heavy Metal Toxicity
- Anemia
- Intestinal Polyps
- Irritability/Depression
- Diarrhea/Constipation
- pH Imbalance
- Irritable Bowel Syndrome
- Parasites
- Crohn's Disease/Colitis
- Toxicity due to chemicals or poisons
- Acid Reflux
- Mineral Deficiencies

HISTORY OF INTERNAL USE

- 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 from 60% down 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 both remained free of the dysentery, which ravaged nearby troops.

TESTIMONY: (Chronic Constipation)

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 my 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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TO ORDER CALL: 1-800-468-7884



European Green Clay



External uses of European Green Clay:

- Cuts/Scrapes
- Tumors/Cysts/Fibroids
- Eczema/Psoriasis
- Acne/Pimples
- Arthritis/Swollen Joints
- Toenail Fungus
- Chicken Pox
- Athlete's Foot
- Poison Oak/Ivy/Sumac
- Tooth or Gum Disease
- Decubitus Ulcers
- Scars/Keloids
- Tunneling Wounds
- Poisonous Spider and Snake Bites, & Stings
- Acute Injuries such as Sprains and Strains
- And More!

We get hundreds of calls from people who want to know if our **European Green Clay** has actually worked for someone else before they try it themselves. This is why we gathered just a few of the **MANY** testimonies we receive to share the benefits that other people have experienced. These are **REAL** testimonies from **REAL** people. And this is what they have to say:

TESTIMONY: (Psoriasis)

"A friend of mine, knowing that I suffered from psoriasis for years, referred me to Hope International for health counseling. It was suggested that I try the **European clay** both externally on the affected areas and internally as a cleanse. Although I was extremely skeptical, I had nothing else to lose. I had tried many different things over the years, yet nothing seemed to truly work. Some products would help for a while, but it seemed that they would always lose effectiveness or I would develop side effects. That is why I was so amazed with the **European Green Clay**. First of all, on the areas where I applied the **clay** externally, the skin started to heal. The red area began to shrink, the skin began to soften, and the overall appearance of the skin looked healthier. But what I also noticed was that even on the areas where I didn't apply the clay, the skin looked better. By taking the **clay** internally, my body was starting to heal from the inside out! For someone who has suffered this long with no relief, you have no idea what this means to me! Note: I also used the **Swedish Bitters** liquid internally and the **Swedish Bitters Salve** externally as I was advised that it helps to speed the healing process and soothes the skin. - A.E.

TESTIMONY: (Burns)

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, patients having the entire body covered in burns, noticed dramatic results when using a **clay** bath. They reported a relief in pain and said that healing resulted much faster and with less scarring. - D.O., H.M., & J.W.

TESTIMONY: (Wart)

I had tried everything including natural and conventional methods to get rid of a wart, yet nothing had worked. I decided to try the **clay** and after applying the **clay** poultice to the wart at night for only 4 days, the wart completely vanished! - B.R.

TESTIMONY: (Skin/Complexion)

I use the **clay** as a homemade face mask twice a week. It brightens my skin and clears my complexion leaving my skin extra soft and supple. Using the **Swedish Bitters Salve** afterward helps to naturally moisturize my skin and helps prevent breakouts. Ever since I started using the **clay/bitters** combo, I rarely get a breakout! - A.D.

8 oz.
\$5.99 HXHH-C8OZ

1 lb.
\$9.99 HXHH-C1LB

2 lb.
\$19.99 HXHH-C2LB

5 lb.
\$29.99 HXHH-C5LB

66 lb.
\$229.99 HXHH-C66LB



Suggested Adult Dosage:

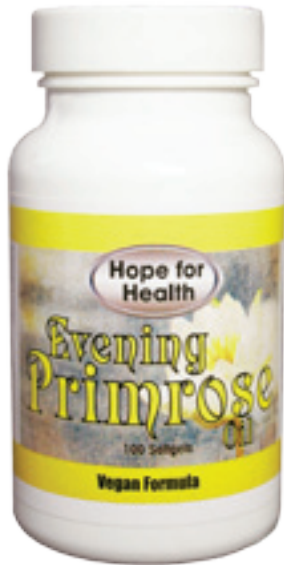
- 1 teaspoon of powdered clay in 8 oz. of water (Dosage varies by age and weight, please call for more information).
- For external application and uses, please call for information.

*\$2.99 Shipping even applies to 66lb clay!

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Hope for Health

100 softgels
\$9.99 HXHH-EPOI



Suggested Adult Dosage:

- 1-2 capsules daily with food

SPECIAL NOTES:

- Taking EPO with food will help to ensure adequate absorption of GLA.
- When EPO is used to treat skin conditions, it may take several months to notice complete effects.
- People with temporal lobe epilepsy should not take Evening Primrose Oil. EPO may interfere with medications used to treat epilepsy and should be avoided by people taking anti-epileptic drugs.
- Phenothiazines -- Individuals taking a class of medications called phenothiazines to treat schizophrenia should not take EPO because it may interact with these medications and increase the risk of seizures.

Evening Primrose Oil

100%
Vegan*

Do you suffer from an uncomfortable or embarrassing skin condition? If so, Evening Primrose Oil may be the relief you've been looking for! One of the most popular, proven benefits of Evening Primrose Oil appears to be its ability to treat dry, scaly, or itchy skin conditions, such as rosacea, acne, and atopic dermatitis. It may even reduce reliance on corticosteroids by patients with certain skin conditions.

Eczema, Dermatitis, and other Skin Disorders

Today, one of the primary uses of **Evening Primrose Oil (EPO)** is to relieve the itchiness associated with skin conditions (such as eczema and dermatitis). Eczema symptoms can include itching, redness, and scaling. With certain skin conditions, the blood vessels become inflamed and irritated. The prostaglandins produced by **Evening Primrose Oil** contract the blood vessels, resulting in a reduction in redness and inflammation.

There are over 30 positive human studies reporting benefits in eczema and dermatitis when using **EPO**. A review including 1,207 patients reported that **EPO** was beneficial for skin conditions, including itching, crusting, edema (excess fluid/swelling), and redness. It has even been reported effective for allergic skin conditions such as rashes, itching, or hives. **EPO** can be used in both children and adults for skin problems.

PMS

EPO can help with symptoms of PMS, including mood swings, bloating, cramping, and breast tenderness. A study at St. Thomas Hospital in London found that when PMS sufferers were given **Evening Primrose Oil** three times daily, 67% of the participants were symptom-free and 22% achieved partial relief. (In all total, 89% had positive results with the **EPO**.)

Breast Pain

EPO is officially licensed for the treatment of breast pain (mastalgia) in the United Kingdom and is considered the first-line of therapy in several European countries. In addition, **EPO** has been found effective at decreasing breast pain in many clinical studies.

Diabetic Neuropathy

The GLA in **EPO** may help to prevent and even repair nerve damage caused by diabetes. Studies have shown that symptoms such as: tingling, numbness, pain, burning, and loss of sensation associated with diabetic neuropathy improved when patients took **EPO**.

Rheumatoid Arthritis

Studies show that the anti-inflammatory properties of **EPO** may provide relief for those suffering from rheumatoid arthritis.

Multiple Sclerosis

Damage caused by inflammation in people multiple sclerosis, as well as other inflammatory processes, may be reduced or prevented with **EPO** supplements.

Alzheimer's Disease

EPO is also thought to be capable of encouraging transmission of nerve impulses, making it of possible use in treating memory problems associated with Alzheimer's disease.

Irritable Bowel Syndrome

As an anti-inflammatory agent, **EPO** has shown to be very effective in treating flare-ups of IBS.

FACT:

Evening Primrose Oil (EPO) is a great source of essential fatty acids. **EPO** contains an omega 6 essential fatty acid, gamma-linolenic acid (GLA), which is believed to be the active ingredient. The oil is one of the richest natural sources of Gamma-Linolenic acid as it contains about 72% Linoleic acid and 9 percent GLA.

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TO ORDER CALL: 1-800-468-7884



Eye Bright

Hope for Health

*Internally, **Eyebright** is the single best herb for the eyes. It relieves discomfort from eyestrain or minor eye irritation, itchy and watery eyes, conjunctivitis, styes, and has a cooling and detoxifying property that makes it especially useful in combating inflammation. In fact, they named the herb Eye Bright because it's SO good for your eyes!*

BENEFITS FOR THE EYES:

- The vitamins B, C, E, beta carotene, plus the copper and selenium found in **Eyebright** have been shown to improve clarity of eyesight (by one or more lines on the eye chart) over a 6 month period.
- Vitamins B, E, and selenium were also shown to reduce cataracts over 5 months.
- In macular degeneration and diabetic retinopathy the disease was slowed by 70% by using the Vitamins A, C, E and selenium - all of which are found in **Eyebright**.
- The antioxidant vitamins A, C, E, and beta carotene all lower the risk of cataract formation and are all found in **Eyebright**. Even a slight deficiency of vitamin A can cause tired eyes, sensitivity to light, dry eyelids, and susceptibility to infection.
- Vitamin A is also crucial to the formation of "visual purple" for darkness adaptation. In this way, **Eyebright** helps with night time vision as well. A severe deficiency in vitamin A can even cause ulceration and distortion of the cornea and result in blindness.
- When the body is deficient in the vitamin B-Complex vitamins, eye muscles may become paralyzed, light sensitivity may develop as well as itching, burning, and bloodshot or watery eyes.
- Nearsightedness can actually result from stress and the B vitamins found in **Eyebright** can help protect the nerves from damage that is due to stress.
- In addition to helping reduce stress, and thereby reducing the chances of nearsightedness due to stress, vitamin B-1 (thiamin) is important for intracellular eye metabolism and vitamin B-2 (riboflavin) deficiency has been linked to cataracts. Both of these B vitamins are found in **Eyebright** and contribute to its remarkable effects on the eyes.
- Zinc, copper, and selenium help protect against cataracts because they act as antioxidants. Zinc also helps stop macular degeneration because it is vital for normal lens function, night vision, and maintaining the retina of the eye since there is a higher concentration of zinc in the retina than in any other organ. All of these minerals are found in **Eyebright**.
- **Eyebright** aids in stimulating the liver to clear the blood and relieve those conditions that affect the clarity of vision.
- The aucubin found in **Eyebright** has an anti-inflammatory action which may accounts for its well known reputation for soothing tired and inflamed eyes as well as improving weak eyesight.

Extremely high in nutrients, **Eyebright** contains the vitamins A, B-Complex, C, and D; and the minerals iron; silicon, selenium, iodine, copper, and zinc. Other components of **Eyebright** include tannins, iridoid glycosides, the flavonoids rutin and quercetin, essential fatty acids, glycoside aucuboside, caffeic and ferulic acids, sterols, and choline.

90 Capsules
\$7.99 HXHH-EBRI



*Although **Eyebright** is best known for its use in conditions of the eye, it is also very helpful for respiratory conditions including bronchitis, allergies, colds, and sinusitis. **Eyebright** contains astringent compounds known as tannins that may help to tighten the top layers of mucous membranes reducing mucus secretion, which in turn relieves irritation and improves tissue firmness. Consequently, many believe that **Eyebright** can help relieve the numerous symptoms associated with allergies.*

CONGESTION - INFLAMMATION - SINUSES:

- The tannins act as astringents to help dry up secretions and relieve inflammation of the mucous membranes. This is helpful when treating conjunctivitis, sinusitis, and hay fever. The tannins and quercetin, a flavonoid found in eyebright are thought to reduce allergic responsiveness by inhibiting the release of histamines.
- The aucubin found in **Eyebright** has an anti-inflammatory action which is useful when there is a cough, hoarseness, or sore throat.

Suggested Adult Dosage:
• 2-3 capsules daily

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

Hope for Health

Fem

100%
Vegan*

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.

FACT:

It is estimated that 75-80% of all women experience some PMS symptoms during their lifetime. The incidence of PMS seems to increase with age, so as a teenager you may not experience PMS, but as you get older you may find yourself experiencing PMS.

If you suffer from symptoms such as...

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

...then **FEM** may be the answer you've been looking for!

Discover some of the benefits of the 8 extraordinary ingredients in **FEM**:

- **Shepherd's Purse** - Helps to prevent/relieve excessive bleeding while reducing and shortening the menstrual flow. Also helps to regulate menstrual cycles. Shepherd's purse is a pituitary regulator with androgenic properties. One of its primary attributes is its ability to normalize progesterone levels. If you are moving into menopause and have been experiencing excessive, irregular bleeding or spotting, this herb will help to regulate and increase the length of your menstrual cycles until the natural cessation of menses.
- **Cat's Claw** - Has very powerful anti-inflammatory properties that help reduce pain and swelling. Naturally regulates hormonal imbalances.
- **Dong Quai** - Used to ease menstrual symptoms, this herb is high in natural plant estrogens called phytoestrogens and helps to reduce the symptoms of estrogen deficiency.
- **Echinacea** - Used to boost the immune system during this time of added stress. During menopause it helps fight off recurrent vaginal and bladder infections. Echinacea has also been used to control benign growths and tumors such as fibroids.
- **Pau D'Arco** - Contains very powerful anti-inflammatory properties to help reduce pain and swelling. Helps dissolve cysts and tissue overgrowth. Also helps normalize uterine tissue (endometriosis).
- **Astragalus Root** - Helps improve circulation, stop hot flashes, and reduce night sweats.
- **Goldenseal** - Relieves heavy bleeding and painful menstruation. Often used as an herbal remedy to treat gynecological problems. Also helps reduce the severity of menopausal symptoms.
- **Anamú** - It has very powerful anti-inflammatory properties to help reduce pain and swelling associated with menstruation.

For the all-over bloated, achy, and uncomfortable feelings, try FEM today!
Formulated for the special time of the month (or life) when it's needed most.

90 Caplets
\$12.99 HXHH-FEM



Suggested Adult Dosage:

For relief of menstrual or menopausal symptoms:

- 1 caplet with each meal (three times a day)

FACTS:

- The physical and emotional symptoms of menopause can disrupt your sleep, drain your energy, and trigger feelings of sadness and loss.

- The most common symptom of endometriosis is pelvic pain. The pain often correlates to the menstrual cycle, but a woman with endometriosis may also experience pain that does not correlate to her cycle. For many women, the pain of endometriosis is so severe and debilitating that it impacts their lives in significant ways.

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TO ORDER CALL: 1-800-468-7884



Flaxseed Oil

Hope for Health

Fact: The oil of the flax plant is one of nature's richest plant sources of the Omega 3 essential fatty acid, alpha linolenic acid (ALA) plus valuable linoleic fatty acid. Flax seed oil also contains lignans that contain powerful properties. These little seeds improve digestion, help stabilize blood glucose levels, fight tumor formation, and enhance cardiovascular health.

The Components of Flaxseed Oil

Protein: There's about 25g of protein for every 100g of flax seeds. The protein in flax seeds is easily digested and contains a complete amino acid profile that your body needs.

Lignans: Lignans have anti-cancer, anti-viral, and anti-bacterial properties, and Flax seed has 75 to 80 percent more lignans than other vegetables and grains.

Essential Fatty Acids: Flax seed oil is a rich source of 3 essential fatty acids: alpha linolenic acid, omega 3 essential fatty acid, and omega 6 essential fatty acid.

Research has shown that majority of diets are deficient in Omega 3 essential fatty acids. This can lead to a variety of serious health problems including:

Coronary Heart Disease - Flaxseed oil helps reduce cholesterol levels, blood pressure, plaque formation, and helps strengthen the heart.

Arthritis - Studies have found that flaxseed oil can help reduce pain and inflammation causing less of a need for prescription drugs.

Cancer - Omega 3 oils (such as those in flaxseed oil) have been found to kill cancer cells without harming normal cells.

Skin Problems - Acne, eczema, psoriasis, and other skin disorders have been shown to be related to Omega 3 deficiency.

Flaxseed Oil and Digestion

Flax seeds contain 12% mucilage, which makes it a gentle, natural laxative. Flax seeds are perfect for individuals who have a sensitive stomach. Flax seed oil acts as a buffer for excess stomach acids and soothes ulcers and irritable bowel disorders. It also helps lubricate the digestive tract, absorbs toxins, and helps prevent toxic buildup in the bowl.

100 Softgels
\$8.99 HXHH-FOIL



Suggested Adult Dosage:
• 2-3 softgels daily

Flaxseed Oil and Blood Pressure:

In a 12-week long study of 59 men with high blood pressure, those taking 8 grams of flaxseed oil per day saw significant reductions in blood pressure compared to men who took safflower oil.

Flaxseed Oil and The Prostate:

A study of 25 men with prostate cancer found that a low-fat diet along with ground flaxseed reduced serum testosterone, slowed the growth rate of cancer cells, and increased the death rate of cancer cells.

A small study of 15 men found that a low-fat diet along with flaxseed lowered their blood prostate specific antigen (PSA) levels and slowed the growth of benign prostate cells, suggesting that it might be useful in reducing risk of prostate cancer.

Flaxseed Oil and Dry Eyes:

One study compared oral flaxseed oil capsules (3,000 mg daily or three capsules a day) with the antibiotic doxycycline (100 mg twice a day) for the treatment of dry eye in patients who had undergone LASIK eye surgery. Eighty-one patients (152 eyes) were treated with either 3,000 mg. daily of flaxseed oil or 100 mg twice daily of doxycycline for seven days before and after LASIK surgery. Study results indicated that flaxseed oil was just as effective as doxycycline in preventing dry eye after LASIK. An added benefit is that flaxseed oil has fewer side effects than doxycycline, making it a great alternative.

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

Hope for Health

Fruitilicious is delicious AND nutritious. With only 16 calories per scoop, you can enjoy all the benefits of the power-packed nutrient blend without worrying about your waistline!

It is recommended that we should be eating at least 5 pieces of fruit every day in order to gain the full health benefits of eating fruit. Are you getting this much? Need some help? Try **Fruitilicious!**

10 oz. Powder
\$23.99 HXHH-FRUI



Suggested Adult Dosage:

- 1 scoop in 8 oz. of water or juice once or twice a day. Can also be used as a meal replacement.

Suggested Child Dosage:
(8yrs and up):

- 1/4 to 1/2 scoop in water or juice once or twice a day.

Fruitilicious



*Would you like to get more fruit in your diet? Tired of wasting money on fruit that goes bad before you get a chance to eat it? If so, try **Fruitilicious!** Our amazing nutrient-rich **Fruitilicious** is **PACKED** with fruits, berries, and a plethora of nutrients!*

Discover some of the benefits of the 32 extraordinary ingredients in **Fruitilicious:**

- **Acerola** - Promotes a strong immune system and helps prevent infections.
- **Blackberries** - High in vitamin C, they reduce the risk of cancer & heart disease.
- **Black Currants** - Help reduce the chances of cancer. Very high in vitamin C.
- **Blood Oranges** - Help reduce risk of heart disease and cholesterol buildup.
- **Black Raspberries** - Contain powerful antioxidants that help prevent cancer.
- **Blueberries** - Improve skin complexion and help prevent urinary infections.
- **Cherries** - Fight cancer, help prevent heart disease, and relieve pain.
- **Cranberries** - Improve circulation, kill bacteria, and prevent infection.
- **Gogi Berries** - Contain over 18 amino acids and 21 trace minerals.
- **Mangos** - Contain digestive aids that help soothe and heal the stomach.
- **Apple Pectin** - Helpful in maintaining good digestive health.
- **Peaches** - Help relieve asthma, bronchitis, and bladder & kidney stones.
- **Pears** - Loaded with vitamins and minerals, they provide essential nutrients.
- **Papayas** - Contain digestive enzymes that help soothe the stomach.
- **Japanese Knotweed** - Nutrient-rich! Provides many vital minerals.
- **Red Plums** - Cleanse the blood and protect the heart. Very high in vit. C.
- **Oat Bran** - Reduces cholesterol absorption in the intestines, reducing LDL.
- **Rice Bran** - Helps control diabetes, high blood pressure, cancer, and HIV.
- **Lycopene** - Studies show it lowers the risk of prostate cancer & heart disease.
- **Lecithin** - Aids in maintaining overall health, helps prevent and/or reverse many diseases.
- **ORAC Blend** - An extremely potent blend of super-antioxidants that fight cell damage.
- **Strawberries** - Contain a plethora of nutrients, including vitamin C, phytonutrients, & antioxidants.
- **Nectarines** - Particularly beneficial in the prevention of heart disease, macular degeneration, and cancer.
- **Pomegranates**: Help lower the risk of heart disease & cancer (especially prostate & breast), reduce cholesterol, and aid weight loss.
- **Watermelon** - Packed with some of the most important antioxidants in nature, it is a great source of vitamins A, B6, B1, and C.
- **Bilberries** - Contain strong antioxidants, are helpful for diseases of the eyes including: cataracts, macular degeneration, night blindness, and retinopathy.
- **Lutein** - Necessary for healthy eyes. Reduces the risk of developing cataracts and macular degeneration.
- **Grapeseed Extract** - Reduces the risk of cancer and cardiovascular disease and fights the effects of aging. Improves vision in people with macular degeneration.
- **Astaxanthin** - Increases strength and endurance. Protects cells, boosts the immune system, and prevents the initiation of cancer cells in the body.
- **Carrot Powder** - A power antioxidant that helps maintain whole body health. Provides special nutrition for the eyes & skin. Helps prevent signs of aging.
- **Flax Seeds** - Relieve constipation, clear up skin problems, improve brain function, reduce inflammation (arthritis), and can help fight depression.

WHY IS FRUITILICIOUS PACKED WITH SO MANY BERRIES?

Of all the fruits and vegetables that you can eat, as far as nutrients go, berries beat them all. Berries, more than any other food, are associated with a remarkably long list of health benefits. This is why we included as many berries as we could squeeze in the bottle, including: blackberries, black currants, black raspberries, blueberries, cherries, gogi berries, pomegranates (yes, they're considered a berry), strawberries, and bilberries! How often do you get all of THOSE in your diet?!

The pigments that give berries their beautiful blue and red hues are also good for your health! Berries contain a giant portion of phytochemicals and flavonoids that have proven to help prevent many diseases, including heart disease, cancer, diabetes, arthritis, and more!

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TO ORDER CALL: 1-800-468-7884



Ginkgo Biloba

Because of Ginkgo Biloba's wide range of medicinal properties, it is helpful in combating a variety of diseases. In addition, it is one of the most well-researched herbs in the world, and is commonly prescribed in both France and Germany.

Ginkgo and Menopause

Clinical studies have found that Ginkgo extract may reduce the side effects of menopause as well as risk factors for osteoporosis and cardiovascular disease. Women are becoming more reluctant to use pharmaceutical hormone replacement therapy (HRT) due to its undesirable side effects, such as irregular bleeding and an increased risk of breast cancer. Studies show that Ginkgo has estrogenic activity and might be suitable as an alternative to HRT.

Ginkgo and Parkinson's Disease

The lack of dopamine is believed to produce the progressive stiffness, shaking, and loss of muscle coordination typical in Parkinson's disease. Ginkgo may help symptoms by increasing the brain's blood flow and thereby allowing more of the depleted dopamine to be circulated to the areas that need it most.

Ginkgo and Erectile Dysfunction/Impotence:

Recent evidence indicates Ginkgo extract appears to be effective in the treatment of erectile dysfunction caused by the lack of blood flow to the genitals. For this reason, it is used in many herbal Viagra® alternative supplements. Since Ginkgo increases blood flow, it's been found to help up to 50 percent of patients with impotence after six months of use.

GINKGO AND ALZHEIMER'S:

Clinical studies suggest that Ginkgo Biloba may provide the following benefits for people with Alzheimer Disease (A.D.):

- Improvement in thinking, learning, and memory (general improvement in cognitive function)
- Improvement in both: activities of daily living and social behavior (with fewer feelings of depression)

Ginkgo Biloba increases the blood flow to the brain and improves blood flow through both major blood vessels and capillaries. It increases metabolism efficiency, regulates neurotransmitters, and boosts oxygen levels in the brain (which uses 20% of the body's oxygen). It has been shown to increase brain functionality, which is beneficial to those suffering from poor concentration and memory loss. For this reason, Ginkgo has been used in the early treatment of A.D. It has been proven effective in stopping the advancement of Alzheimer's and improving the mental function of elderly people.

- Ginkgo is widely touted as a "brain herb." Researchers recently reviewed all of the high-quality published studies on Ginkgo and mild memory impairment (in other words, people without Alzheimer's or other form of dementia), and concluded that Ginkgo was significantly more effective than placebo in enhancing memory and cognitive function.
- Several studies have found that Ginkgo may be just AS effective as leading Alzheimer's Disease (A.D.) medications in delaying the symptoms of dementia in people with this debilitating condition. In addition, Ginkgo is sometimes used preventively because it may delay the onset of A.D. in someone who is at risk for this type of dementia (for example, family history).
- As more than 300 studies demonstrate, Ginkgo facilitates better blood flow throughout the body, most notably the brain, where it both protects and promotes memory and mental function, even for people with Alzheimer's Disease. It also offers a wealth of possibilities in the treatment of many other common ailments.



Ginkgo and Multiple Sclerosis

Ginkgo extract was reported to significantly improve functional measures (such as coordination, energy level, strength, mental performance, mood, and sensation) in 22 individuals with multiple sclerosis (MS).

Ginkgo and Stroke

It's believed that by preventing blood clots from developing and increasing the blood flow to the brain, Ginkgo may help stop strokes from occurring. It has also been helpful in long-term therapy for stroke victims, by increasing the blood flow to the brain.

**90 Capsules
\$12.99 HXHH-GBIL**



Suggested Adult Dosage:
• 2-3 capsules daily

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

Hope for
Health

Heart Maximizer

100%
Vegan*

FACTS:

- 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!
- A healthy diet alone can decrease the risk of a heart attack by close to 30 percent.

Your heart is an amazing organ that is like an engine, working steadily to provide blood flow, oxygen, and life to every cell of your body. And like an engine, your heart needs to be maintained in peak condition. Our *Heart Maximizer* blend is specially formulated to promote cardiovascular health and maintain normal cardiac functions, circulatory function, and normal lipid levels. *Heart Maximizer* helps to maintain your heart health all around.

Heart Attack Risk Factors:

- Diabetes **quadruples** the risk for women and **doubles** it for men.
- 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.

Discover the benefits of the 15 extraordinary ingredients in *Heart Maximizer*:

- **Vitamin E** - Lowers the risk of heart disease and prevents blood clot formation.
- **Calcium EDTA** - Reduces the chances of a heart attack.
- **Ginkgo Biloba Leaf Extract** - Maintains the normal function and tone of blood vessels.
- **Gotu Kola** - Prevents high blood pressure and congestive heart failure.
- **Horse Chestnut** - Increases strength and tone of veins.
- **Butcher's Broom** - Improves heart and blood circulation.
- **Diosmin** - Strengthens the walls of the blood vessels.
- **Grape Seed Extract** - Prevents the formation of plaque in the arteries.
- **Bromelain** - Disperses blood clots for increased heart protection.
- **Quercetin** - Improves capillary strength.
- **Witch Hazel** - Protects and strengthens the heart and improves circulation.
- **Citrus Flavonoids** - Reduces high blood pressure and high cholesterol levels.
- **Niacin** - Improves cardiovascular health.
- **Odorless Garlic** - Lowers cholesterol, normalizes blood pressure, and reduces blood clotting.
- **Cayenne Pepper** - Protects against high cholesterol, heart attacks, strokes, and heart disease.

90 Capsules
\$19.99 HXHH-HMAX



Suggested Adult Dosage:

- 2 capsules twice a day

Your heart is so very important! Protect it today, with *Heart Maximizer*!

FACTS:

- Heart failure is the number one killer of both men and women in the United States, where it kills 500,000 people annually. Worldwide, it kills 7.2 million people EVERY YEAR!
- Every 33 seconds a person dies from cardiovascular disease in the United States. (That means, in the one to three minutes it takes to read this page, 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.

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TO ORDER CALL: 1-800-468-7884



Hoxsiac

Hoxsiac is a proprietary herbal formulation containing an infusion of ten botanicals in purified water. This combination of potent, synergistic herbs is used for blood purification; gland stimulation; and for its powerful anti-inflammatory, anti-bacterial, antioxidant, and anti-cancer properties.

Discover the benefits of the 10 amazing herbs in Hoxsiac:

- **Burdock Root:** Inhibits tumors and fights cancer growth. (See purple box below.)
- **Sheep Sorrel:** Purifies the blood. Has been shown to cause a regression of metastasized cancer and a reduction of tumors. Also, it contains aloe emodin, a natural substance that shows significant anti-leukemic activity. Very high in antioxidants and is diuretic.
- **Red Clover Blossom:** Contains genistein, an anti-cancer compound that prevents new blood vessels from forming within a tumor. Since tumors rely on new blood vessels to grow, genistein effectively starves the cancer. Red clover is also a powerful blood cleanser, eliminates toxins in the body, reduces swelling and inflammation, dissipates tumors, promotes tissue repair, and relieves pain.
- **Licorice Root:** Contains polyphenols that have been shown to kill prostate and breast cancer tumors in a highly selective way that protects healthy cells -- unlike chemotherapy which kills everything. Stimulates immunity; improves hormonal activity; protects and detoxifies the liver; and is a potent blood purifier.
- **Slippery Elm Bark:** Contains high levels of antioxidants. Stimulates the immune system. Contains beta-sitosterol and a polysaccharide which have both shown anti-cancer activity.
- **Queen's Delight Root:** Has anti-neoplastic properties (destroys and prevents the formation of tumor cells). Halts the spread of cancer.
- **Prickly Ash Bark:** Stimulates circulation, relieves chronic pain; invigorates the stomach, spleen, and intestines; fights infection.
- **Turkey Rhubarb Root:** Has been shown to have anti-tumor activity. Purges the body of bile, parasites, and stagnate food by stimulating the gall duct to expel toxic waste matter. Rhubarb root has also been shown to improve digestion and increase the appetite. Cleanses liver, spleen, and colon. A natural diuretic, anti-inflammatory, and anti-bacterial, it has been used extensively to relieve constipation.
- **Cat's Claw Bark:** Contains a group of alkaloids that possess anti-cancer and antitumor activity and stimulate the immune system. Cat's claw aids the fight against cancer by promoting healthy cell division, promoting death of leukemia cells, and inhibiting the growth and spread of breast cancer.
- **Bladderwrack Herb:** Suppresses the growth of various cancer cells. Boosts immune system and renews strength. Has been shown to reduce the incidence of breast cancer.

Scientific Studies on Burdock

- "Burdock Root contains proven anti-cancer compounds which have been shown in scientific studies to have marked anti-tumor activity." (G. Dombardi 1970: Journal of Chemotherapy).
- "As an alternative and depurative, Burdock is one of the most effective herbs for cleansing the blood without the side effect of nausea." (American Health & Herbs, 1997)
- Experiments on Burdock have shown it to inhibit tumors and destroy fungal and bacteria cultures. Hungarian scientists at the University of Sveged reported "considerable anti-tumor activity" in a purified fraction of Burdock.
- Japanese researchers at Nagoya University found in Burdock a substance that is uniquely capable of reducing (cancer) cell mutation in either the absence or the presence of metabolic activation. This new property is so important the Japanese scientists named it the B-factor for "Burdock Factor."
- Modern research has isolated chemical constituents from Burdock that have proven to be anti-bacterial, anti-fungal, and most importantly, tumor-protective and desmutagenic. Desmutagens are defined as substances that inactivate mutagens (cancer-causing agents) by reacting with them and "taking them out of action."

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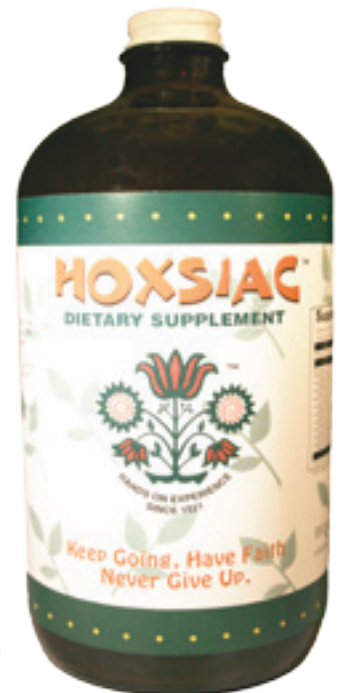
VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

Hoxsiac and Cancer

For cancer treatment, Hoxsiac is reported to boost the immune system, increase the appetite, reduce pain, improve quality of life, reduce tumor size, and increase survival rates. Burdock (in Hoxsiac) contains a number of compounds with known anti-cancer activity, including arctigenin, arctiin, beta-eudesmol, chlorogenic acid, inulin, lignin, and trachelogenin.

32 oz. (liquid)
\$38.99 HXHH-HOXS



Suggested Adult Dosage:

- 2 tablespoons, three times per day

**Refrigerate after opening.



You put a baby in a crib with an apple and a rabbit. If it eats the rabbit and plays with the apple, I'll buy you a new car. ~ Harvey Diamond

Man is the only animal that can remain on friendly terms with the victims he intends to eat until he eats them. ~ Samuel Butler, Note-Books, 1912

Think of the fierce energy concentrated in an acorn! You bury it in the ground, and it explodes into an oak! Bury a sheep, and nothing happens but decay. ~ George Bernard Shaw

One farmer says to me, "You cannot live on vegetable food solely, for it furnishes nothing to make the bones with;" and so he religiously devotes a part of his day to supplying himself with the raw material of bones; walking all the while he talks behind his oxen, which, with vegetable-made bones, jerk him and his lumbering plow along in spite of every obstacle. ~ Henry David Thoreau



How can you eat anything with eyes? ~ Will Kellogg

We don't need to eat anyone who would run, swim, or fly away if he could. ~ James Cromwell

Heart attacks... God's revenge for eating his little animal friends. ~ Author Unknown

The human body has no more need for cows' milk than it does for dogs' milk, horses' milk, or giraffes' milk.
~ Michael Klaper

Tongue - a variety of meat, rarely served because it clearly crosses the line between a cut of beef and a piece of a dead cow. ~ Bob Ekstrom

We all love animals. Why do we call some "pets" and others "dinner?" ~ K.D. Lang

A mind of the calibre of mine cannot derive its nutriment from cows. ~ George Bernard Shaw

Hope for
Health

Did you know?

- The liver affects nearly every physiological process of the body and performs over 500 different chemical functions.
- The liver is responsible for metabolizing fats, carbohydrates, proteins, and many vitamins. Among the liver's other critical functions are regulating blood sugar levels, deactivating hormones so their levels aren't too high, and producing bile, a critical liquid that breaks down fats and carries away waste products. As if all this doesn't keep your liver busy enough, it also supplies the immune system with antibodies, produces blood-clotting factors, and helps to oxygenate the body.

90 Caplets

\$15.99 HXHH-LSUP



Suggested Adult Dosage:

- 3 caplets daily

Liver Support

100%
Vegan*

*The liver is absolutely **critical** to a person's well being. A person's nutritional level is not only determined by what he or she eats, but by what the liver processes. Unfortunately, it is extremely difficult to detect early warning symptoms specific to liver imbalances. Since the liver is such a "forgiving" organ, it can withstand a myriad of abuse before finally giving up the fight. It is difficult to diagnose when the liver is not in order, and frequently one is unaware of it because the liver is the single organ that doesn't hurt when something is wrong with it. People can suffer for a long time from a liver ailment **without even knowing it!***

Discover the benefits of some of the extraordinary ingredients in Liver Support:

- **Milk Thistle** - Helps protect the liver from damage caused by viruses and toxins.
- **Dandelion** - Helps to cleanse the liver and blood.
- **Aloe Vera** - Purifies the body and aids in liver function.
- **Bromelain** - Protects against amyloid buildup in the liver.
- **Boldo** - Strengthens and protects the liver.
- **Inositol** - Helps remove fat from the liver.
- **Flaxseed Oil** - Essential for improving liver function.
- **L-Methionine** - Helps to reduce the liver-toxic effects of Methotrexate.
- **Turmeric Root** - Protects, strengthens, and improves function of the liver.
- **Artichoke** - Supports a healthy liver.
- **Barberry Root** - Helps cleanse the liver, promote the flow of bile, and improve overall liver function.
- **Lipoic Acid** - Relieves stress on the liver and aids in the elimination of toxins.
- **Uva Ursi** - Soothes and strengthens irritated and inflamed tissues, particularly the liver.
- **Schizandra Berry** - Detoxifies the liver from harmful environmental toxins and pollutants.
- **Dong Quai Root** - Assists the liver in eliminating toxins from the body.

Improve digestion and cleanse the whole body, with Liver Support!

What Does The Liver Do?

- Processes all food and (most) drugs we ingest.
- Stores energy by stockpiling sugar until needed.
- Manufactures new proteins.
- Produces clotting factors for the blood.
- Makes bile to aid in the digestion of food.
- Stores iron reserves, as well as vitamins and minerals.
- Detoxifies the body of poisonous chemicals, including alcohol and drugs.
- Removes poisons from the body that are accumulated from exhaust, smoke, and chemicals in the air we breathe.

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TO ORDER CALL: 1-800-468-7884



Living Green Energy

Did 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.

Hope for Health's Living Green Energy can help:

- Strengthen the immune system
- Naturally reduce weight
- Clean and purify the colon
- Relieve heartburn and upset stomach
- Improve elimination of bodily wastes
- Dramatically slow the aging process

Discover the benefits of the 37 extraordinary ingredients in Living Green Energy:

- **Vitamin A** - Helps vision, growth and development, skin, bones, and teeth.
- **Vitamin K** - Helps prevent hardening of the arteries.
- **Vitamin B-12** - Prevents pernicious anemia.
- **Calcium** - Helps growth and maintenance of bones and teeth.
- **Iron** - Helps carry oxygen from the lungs to the muscles and organs.
- **Iodine (from Kelp)** - Increases energy levels. Improves liver function & boosts the immune system.
- **Magnesium** - Aids the body's absorption of calcium.
- **Zinc** - Helps strengthen the immune system and improves your white blood cell count.
- **Lecithin (fine powder)** - Helps boost energy, physical performance, and cardiovascular health.
- **Spirulina (Hawaiian organic)** - Helps rebuild healthy intestinal flora.
- **Alfalfa Juice** - Relieves fluid retention, swelling, and arthritis. Also cleanses and purifies the blood.
- **Wheat Grass Powder (organic)** - Purifies the liver & regulates blood sugar levels.
- **Plant Based Enzymes** - Helps build cells, tissues, and organs.
- **Alpha Lipoic Acid** - Helps to slow the aging of the brain. Very powerful antioxidant.
- **Barley Grass Powder (organic)** - Provides potent antioxidants and energy for cells.
- **Carrot Powder** - Helps maintain healthy skin, teeth, bones, and eyes. Improves immune function.
- **Barley Malt Powder** - Helps provide natural, sustainable energy for the body.
- **Broccoli Powder** - Helps block cancer cells before they become deadly.
- **Brown Rice Bran** - Helps reduce cholesterol and boosts mood.
- **Apple Fiber** - Aids digestion and is an effective detoxifier.
- **Apple Pectin** - Helpful in maintaining good digestive health.
- **Oat Bran** - Prevents heart disease and diabetes.
- **Chlorella Powder** - Nourishes and detoxifies the blood. It also greatly improves mental function.
- **Red Beet Powder** - Cleanses the kidneys and promotes regeneration of liver cells.
- **Panax Ginseng Root Powder** - Lowers blood sugar & cholesterol levels.
- **Eleuthero (root)** - Has immune-enhancing & anti-inflammatory properties.
- **Peppermint Powder** - Helps relieve gas and boosts the flow of bile.
- **Royal Jelly Powder** - Provides essential amino acids.
- **Fructooligosaccharides** - Enhances the performance of beneficial bacteria.
- **Trace Mineral Concentrate** - Helps boost stamina and energy.
- **Milk Thistle Extract** - Protects the liver from damage caused by viruses and toxins.
- **Kelp Powder** - Helps those with under-active thyroids (hypothyroidism).
- **Ginkgo Biloba Extract** - Helps maintain the normal function and tone of blood vessels.
- **Grapeseed Extract** - Helps prevent the formation of plaque in the arteries.
- **Bilberry Extract** - Helps build strong capillaries & improves circulation throughout the entire body.
- **Coenzyme Q-10** - Helps to fight heart disease and increase energy level.
- **Stevia Extract (leaves)** - Natural sweetener. Has no calories and does not affect blood sugar like many other natural sweeteners.

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

VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

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

Just one tablespoon of **Living Green Energy** is equivalent to eating 2 pounds of nutritious vegetables!

10 oz. Bottle (powder)
\$23.99 HXHH-LGEP

180 Capsules
\$23.99 HXHH-LGEP



Suggested Adult Dosage:

- 1 Tablespoon of powder mixed in water or juice (or 6 capsules) each morning.

Hope for Health

Benefits Of Masculinity:

- Enhances sexual performance
- Increases virility
- Boosts libido
- Increases energy, endurance, and stamina
- Increases the volume of healthy sperm
- Increases mental clarity
- Enhances memory/learning capabilities
- Improves circulation
- Supports healthy adrenal glands
- Aids hormonal balancing
- Reduces stress
- Improves quality of sleep

90 Capsules

\$11.99 HXHH-MASC



Suggested Adult Dosage:

- 2-4 capsules daily

Masculinity

100%
Vegan*

Discover the many benefits of **Masculinity** with **100% pure Peruvian Maca**:

An in-depth analysis of Maca conducted in 1998 by Dr. Qun Yi Zheng showed that Maca contains about 10 percent protein, almost 60 percent carbohydrate, and an assortment of fatty acids. These ingredients are common and nothing special. But, the investigators also discovered two groups of novel compounds, the macamides and the macaenes. These agents are believed to be directly responsible for Maca's libido-boosting powers. To test this idea, researchers conducted a series of controlled animal experiments, the results of which were published in the April 2000 issue of the medical journal Urology. Rodents fed Maca extract, which contains a concentration of macamides and macaenes, demonstrated greatly increased energy and stamina. The animals also exhibited a striking increase in sexual activity as compared with non-maca-fed animals, or those fed lesser amounts of macamides and macaenes. This same effect has been shown in humans as well.

What is Masculinity Used For?

Masculinity is generally used to treat male impotence and erectile dysfunction. However it is also very beneficial as a treatment for male infertility, sterility, other sexual disorders, hormonal imbalances, and to improve energy levels and boost workout capabilities.

Energy/Stamina

Athletes around the world are beginning to notice and enjoy the amazing benefits of **Maca**. It is an amazing source of energy. Research shows that **Maca** helps to balance the hormones and increase energy levels. One way **Maca** is able to do this, is by supporting and helping to restore the adrenal glands, which produce adrenaline. In fact, recently **Maca** has been used as an excellent alternative to anabolic steroids among athletes seeking muscle hypertrophy (growth). Unlike many other energy-boosting and muscle-building substances, such as anabolic steroids, **Maca** contains **no** chemicals that interfere with or over-activate normal endocrine function. So, if you are looking for a healthy and nutritional product to boost your energy and improve endurance, **Masculinity** is definitely for you!

Sex & Libido

Masculinity is recommended for fertility problems, sterility, and other sexual disorders. However, in many countries, **Maca** has long been known as a potent aphrodisiac. Research has proven that it acts on the areas of the body that produce hormones and energizing substances, which enhance libido and increase virility. In fact, people often refer to **Masculinity** as an herbal Viagra®; however, unlike Viagra®, **Masculinity** **does not** alter circulation. Its amazing libido-boosting ability is a result of completely natural hormonal balancing. It is a safe and natural product that will boost your libido, increase endurance, and produce a general sense of well being!

Fact:

An estimated 152 million men worldwide suffer from Erectile Dysfunction. Unfortunately, less than 10% of men seek treatment. If you are one of them, suffer no more. There is natural and effective help available. Try **Masculinity** today!

Study:

In a double blind, placebo-controlled study, men between the ages of 21 and 56 were given 3 g. of **Maca** or placebo for a period of 12 weeks. The men who took **Maca** reported increased sexual desire after about 8 weeks of treatment, even though the supplements did not appear to affect levels of testosterone in the men's blood.

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

TO ORDER CALL: 1-800-468-7884



Mega-Multi

Hope for Health

Vitamins don't seem to help? Think it's a waste of your money? It might be! 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.

Mega-Multi is chock full of powerful vitamins, minerals, herbs, and more! Just SOME of the ingredients in our Mega-Multi include:

Vitamins:

- Vitamin A
- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin B5
- Vitamin B6
- Vitamin B12
- Vitamin C
- Vitamin D2
- Vitamin E
- Vitamin H
- Vitamin M
- Bioflavonoids
- Para Amino Benzoic Acid

Minerals:

- Calcium
- Magnesium
- Potassium
- Iodine (kelp)
- Zinc
- Manganese
- Chromium
- Selenium
- Phosphorous

Herbs:

- Kola Nut
- Ginger Root
- Cayenne
- Yellow Dock
- Fo-Ti
- Aloe Vera
- Ginkgo Biloba
- Dandelion
- Shiitake
- Goldenseal
- Echinacea
- Alfalfa Concentrate

Digestive Aids/Enzymes:

- Bromelain
- Papain
- Citrus Pectin
- Betaine HCL
- Amylase
- Lipase
- Cellulase
- Acidophilus (vegan source)

Whole SUPER FOODS:

- Oat Bran
- Spirulina
- Garlic
- Bee Pollen
- Siberian Ginseng

Other Nutritional Factors:

- Royal Jelly
- Cat's Claw
- Chlorella
- L-Glutamine
- L-Tyrosine
- Sprouted Barley
- Coenzyme Q10
- Wheat grass juice
- L-Phenylalaline
- Flaxseed Oil (dry)

What are the benefits of using Hope for Health's Mega-Multi?

- Decreases body fat
- Improves digestion
- Improves cardiovascular health
- Boosts energy
- Lowers cholesterol
- Improves vision
- Improves mood
- Boosts the immune system
- Delays premature aging
- Increases bone strength

Do you even need vitamins and minerals?

- According to Dr. Robert Fletcher and Dr. 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. A marked deficiency in any one of the more important minerals results in disease. Any upset of the balance or considerable lack of one or another element, however microscopic the body requirement may be, and we sicken, suffer, and shorten our lives.

Our Mega-Multi is a "whole-food" supplement. Whole-food supplements are the ONE SURE option for the body's use and metabolism. When vitamins and minerals come from natural sources, it is much easier for your body to absorb and assimilate the nutrients.

You WILL feel the difference!

180 Caplets
\$19.99 HXHH-MMUL



Suggested Adult Dosage:
• 2 caplets three times a day with meals

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

Hope for Health

Mighty Immune Plus

100%
Vegan*

Over 200 Immune-boosting Ingredients!!

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, you read right) synergistically combined, naturally-occurring vital nutrients.

32 oz. Liquid
\$29.99 HXHH-MIMP



Suggested Adult Dosage:

- 1 ounce per day (1 capful or 2 tablespoons per day)

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!

Mighty Immune Plus is packed full of vitamins, minerals, and nutrients, including:

Vitamins & Minerals:

A, D, E, K, C, B1, B2, B3, B5, B6, B7, B9, B12, Zinc, Calcium, Magnesium, Copper, Manganese, Potassium, Silica, Selenium, Chromium, Inositol, Choline Bitartrate

Micro, Macro, & Trace Minerals:

Silicon, Phosphorous, Iron, Cobalt, Molybdenum, Nickel, Vanadium, Gold, Boron, Titanium, Rubidium, Antimony, Strontium, Tungsten, Germanium, Lanthanum, Thallium, Palladium, Platinum

Electrolytes:

Sulfate, Bromide, Iodide

Provides Bioflavonoids from:

Rosehips, Acerola, Camu Camu Fruit, Grape Seed, Pine Bark, Grape Skin, Phenalgin, Alpine Tea, Rhodenol

Electrolyte Activators with Coenzyme Q-10:

Chloride, Sodium, Coenzyme Q-10

Exclusive Nutrient Blends Including:

Fruit and Vegetable Phytonutrient Complex, Essential Fatty Acid Complex with Lipotropic factors, Whole Food Green Complex, Herbal Infusion with Aloe Vera, Activated Vitamin C Complex, Plant Enzyme Base and Micronutrient Blend, Multimineral Extract of Iceland Moss, Botanical Antioxidants with Phenalgin

Mighty Immune Plus contains all of this, AND MUCH MORE!!

Why 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 the 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. 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 your age, or how your health is today, your body can heal itself and prevent disease, when given the proper nutrition.

THIS WILL BE BY FAR THE BEST INVESTMENT OF YOUR LIFE!

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TO ORDER CALL: 1-800-468-7884



MSM

*Are you looking for relief from joint pain? If so, look no further! **MSM** can actually help to repair damaged tissue rather than just suppressing pain. It can reduce the pain and discomfort that comes from degenerative conditions such as osteoarthritis or from physical causes, including tendonitis, joint sprains, or hyperextension.*

How Does **MSM** Work?

MSM makes the cell walls flexible and elastic. If the amount of **MSM** in the body is too low, new cells lose some of their flexibility and elasticity. **MSM** makes cell walls permeable, allowing water and other nutrients to freely flow into cells and allow waste and toxins to properly flow out, thus healing connective tissue and reducing pain. **MSM** also reduces inflammation and permits the muscles to heal while preventing them from becoming sore.

Hope For Health's **MSM** can help:

- Relieve joint pain and inflammation.
- Reduce or eliminate muscle cramps.
- Reduce or eliminate pain from arthritis.
- Improve suppleness of skin.
- Improve shine and gloss of hair.
- Help reduce wrinkles.
- Increase alertness & ability to concentrate.
- Improve mood.
- Beautify and strengthen nails, making them less prone to cracking and splitting.

MSM AND PAIN

- People who suffer from chronic pain have reported up to 80% less pain and inflammation when taking **MSM** Sulfur on a daily basis.
- **MSM** has been used over and over again for the relief of pain, head trauma, interstitial cystitis, rheumatoid arthritis, and osteoarthritis.
- **MSM** reduces swelling that causes pain. It is so effective that doctors are often able to reduce or eliminate pain medication for patients with chronic pain.
- **MSM** has anti-inflammatory and pain-reducing properties, and can block the pain response in nerve fibers. Studies have shown that **MSM** is a safe and effective anti-inflammatory agent. It may also contribute to the integrity of joint cartilage and other connective tissue.
- In a study of 16 patients with degenerative arthritis, the patients who took 2,250 mg. of **MSM** daily for six weeks reported an 82% reduction in pain on average.
- Almost 50% of Americans seek treatment for pain each year; over 150 over-the-counter medications, known as non-steroidal anti-inflammatory drugs, line store shelves, all promising temporary pain relief. These same medications have been associated with the following side effects: stomach pain, heartburn, stomach ulcers, gastrointestinal bleeding, headaches, dizziness, and even liver or kidney problems. Medical authorities continuously caution physicians and patients against their repeated use. **Still, each year in the U.S. more than 100,000 deaths and 1.5 million hospitalizations in the U.S. are linked to over-the-counter pain medications.**

Don't be another statistic. Natural and effective alternatives do exist!
If you battle with pain or fatigue, don't wait another minute!
Try Hope For Health's **MSM today!**

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VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

The Beauty Mineral

MSM is known as "the beauty mineral". Why? **MSM** provides sulfur, a vital building block of joints, cartilage, skin, hair, and nails. So if you would like to beautify your skin, increase the glossy, healthy look of your hair, and strengthen your nails, **MSM** is the answer you've been looking for!

120 Capsules
\$11.99 HXHH-MSM



Suggested Adult Dosage:
• 2-8 capsules daily

Hope for Health

Want Beautiful Skin?

Studies have shown that garlic can help control acne and improve skin complexion. A few ways it does this is by reducing inflammation and redness while also boosting oxygenation to the skin. These benefits together help improve the overall look, tone, and feel of the skin!

100 Softgels
\$5.99 HXHH-OGAR



Suggested Adult Dosage:
• 2 softgels daily

Odorless Garlic

100%
Vegan*

While it has experienced overwhelming popularity in kitchens throughout the world, garlic extracts may also help calm stomachs, improve circulation, and promote healthy cardiovascular function. In fact, more than 250 publications have shown that garlic supports and strengthens the cardiovascular system. In addition, garlic has antibacterial, antiviral, and anti-fungal properties. This odorless formula is designed to give you the amazing health benefits of garlic without the offensive odor associated with it.

Hope for Health's Odorless Garlic can help:

- Lower blood pressure
- Boost and support the immune system
- Regulate the cholesterol levels
- Purify the blood
- Prevent and fight cancer
- Regulate and improve intestinal health
- Improve energy levels
- Fight fungal infections such as Candida Albicans
- Kill and expel parasites and worms
- Fight viruses and bacteria

Stomach & Intestinal Health

Garlic produces a very marked effect on the intestines. It has a soothing effect on the various forms of diarrhea and can be used for problems such as colitis, dysentery, and many other intestinal disorders.

Worms & Parasites

Garlic is an excellent vermifuge (kills and expels worms and parasites). In addition, it has the ability to destroy harmful bacteria in the intestines without affecting the beneficial organisms, which aid digestion.

Cancer Prevention and Treatment

Research has proven that garlic can suppress the growth of tumors and cancerous cells.

Yeast Infections (or other fungal infections)

Because of its anti-fungal properties, garlic inhibits the growth of Candida Albicans and has shown long-term defense against recurrent yeast infections.

To lower your blood pressure and cholesterol, improve your complexion, and fight infections, try Hope For Health's Odorless Garlic today!

BLOOD PRESSURE & CHOLESTEROL

- **Garlic** is regarded as one of the most effective remedies to lower blood pressure. It also calms the pulse, regulates heart rhythm, and relieves symptoms such as: dizziness, shortness of breath, and chest pain.
- **Garlic** can help reduce both LDL ("bad") cholesterol AND blood clots that may lead to heart attack or stroke.
- Studies show that **garlic** can lower blood levels of "total" cholesterol and, particularly, of the dangerous low-density lipoprotein (LDL) form.

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TO ORDER CALL: 1-800-468-7884



Pain Eraser

Pain can cause you to be anxious, irritable, and depressed. It can interfere with your ability to sleep, your productivity, and your ability to work. If you are tired of missing out on all the fun life has to offer because of your constant, chronic pain, then try Pain Eraser and find relief!

Some of the Benefits of Pain Eraser Include:

- Relief from acute or chronic aches and pains
- Powerful anti-inflammatory effects that help to relieve pain and inflammation
- A decrease in the occurrence and severity of muscular and menstrual cramps
- Natural sedatives that help you to relax - causing a reduction in pain

Discover the benefits of the 21 extraordinary ingredients in Pain Eraser:

- **White Willow Bark Extract** - A natural analgesic with pain-reducing and anti-inflammatory properties.
- **Feverfew** - A gentle herbal sedative, works great on headaches (including migraines), rheumatism, and arthritis.
- **Cherry Flex** - A powerful anti-inflammatory that is especially helpful for chronic inflammatory conditions such as arthritis.
- **Codonopsis Root** - Has been shown to increase the number of red blood cells and hemoglobin content. It also helps to improve the immune system, boosting the body's resistance to infection. Strengthens and tones the nervous system.
- **Chamomile Flower Powder** - A mild sedative that relieves pain, especially associated with menstrual cramps.
- **Pau d' Arco** - Has demonstrated a variety of medicinal uses, most notably its powerful anti-inflammatory and pain-reducing abilities.
- **Nettle Extract** - Excellent for muscle and joint pain.
- **Boneset** - Helps to relieve aches and pains.
- **Jamaican Dogwood** - Best known as a remedy for treating severe, stabbing nerve pain (neuralgia).
- **Malic Acid** - Helps to reduce symptoms of fibromyalgia and other chronic pain conditions.
- **Sambucus Nigra (Black Lace Elderberry)** - Reduces inflammation, pain, and stiffness.
- **Quercetin** - A natural anti-inflammatory and pain-reducer.
- **Thymus Vulgaris (Thyme)** - Helps to relieve pain associated with migraine headaches.
- **Magnesium Oxide** - Helps reduce pain, migraines, fatigue, and muscle cramps.
- **Alfalfa** - Reduces pain and inflammation.
- **Cramp Bark** - Helps relieve menstrual cramps, leg cramps, and related pains.
- **Fo-Ti** - Reduces swelling, inflammation, and pain.
- **Capsicum** - A natural pain-relieving compound found in cayenne pepper.
- **Pancreatin (Vegetable derived)** - Aids in digestion and helps to reduce pain and stiffness.
- **Bromelain** - Reduces pain, swelling, and inflammation. Shortens healing time after an injury.
- **Papain** - An enzyme found in papaya fruit that helps to reduce pain and inflammation.

FACTS:

- Approximately 50-75 million Americans suffer with persistent (chronic) pain. Yet, unlike most major illnesses, most chronic pain is untreated or under-treated. (The Pain Survey, 1999)
- The majority of those suffering with severe chronic pain do not have it under control. For those who do, it took 50% of them over a year to get their pain under control. (Chronic Pain in America, the American Pain Society and the American Academy of Pain Medicine, 1999)

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VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

PAIN FACTS:

- Back pain and related symptoms are the most common cause of disability for individuals under the age of 45.
- Two in five pain sufferers (42%) experience such severe pain that they are unable to work, and three in five (63%) are unable to engage in routine activities of daily living. (The Pain Survey, Louis Harris & Associates, 1999)
- 20% of all American military medical discharges are due to low back pain.

90 Capsules
\$11.99 HXHH-PERA



Suggested Adult Dosage:
• 2-3 capsules daily

Hope for Health

Saw Palmetto Has Shown To Be Beneficial For:

- Prostate disorders
- Gaining "healthy" weight
- Improving digestion
- Promoting hair growth/regrowth (Both men AND women)
- Increasing strength/stamina
- Balancing hormone levels (Both men AND women)
- Improving fertility
- Reducing sexual dysfunction

90 Softgels

\$10.99 HXHH-SPAL



Suggested Adult Dosage:

- 2-4 softgels daily

Saw Palmetto



Saw Palmetto has long been used in Europe to treat an enlarged prostate or benign prostatic hyperplasia (BPH). American physicians generally don't prescribe any drug other than Finasteride (Proscar), Terazosin HCl (Hytrin), or Doxazosin mesylate (Cardura) for BPH. But unlike these drugs, particularly Proscar, Saw Palmetto usually kicks in quickly. With the Saw Palmetto extract most men achieve some relief of symptoms within the first 30 days.

Saw Palmetto For Prostate Disorders

- **Saw Palmetto** appears to have efficacy [effectiveness] similar to that of medications like finasteride (Proscar), but it is better tolerated and less expensive. There are no known drug interactions with **Saw Palmetto**, and reported side effects are minor and rare. - American Family Physician 2003;67:1281-3.
- **Saw Palmetto** is widely used in other countries; for example, it is used in 50 percent of treatments for BPH [Benign Prostatic Hyperplasia] in Italy and in 90 percent of such treatments in Germany. - European Urology 1992;21:309-14.
- A major benefit of **Saw Palmetto** is that it's effects are generally seen only shortly after beginning treatment. Some people report noticing a reduction in symptoms in as little as 30 days. This is an advantage over most of the currently available drugs which can take as long as 6 to 12 months for effects to be seen.
- In one study, patients subjectively said that **Saw Palmetto** helped improve BPH symptoms - 83 percent said it was effective after 45 days and 88 percent said it was effective after 90 days.
- Unlike the prescription drug Proscar (finasteride), **Saw Palmetto** has proven similarly effective, but without side effects such as: decreased libido, ejaculatory problems, and loss of erection.

For all prostate disorders, Saw Palmetto is the most popular herbal remedy. Suffer no longer. Try it today!

Saw Palmetto For Hair Loss

As you probably know, **Saw Palmetto** is great for helping prevent prostate cancer and improving general prostate health, but what you probably don't know is that its also great for preventing hair loss!

Both men and women can suffer from hair loss (alopecia). **Saw Palmetto** is beneficial for any adult who suffers from this condition.

Hair loss develops when the level of dihydrotestosterone (DHT) in the scalp is too high. DHT binds itself to the hair follicles, decreasing the amount of nutrients they can extract from blood. The follicles gradually shrink and the hair growing from them becomes thinner. If nothing is done to treat this condition, the hair disappears completely.

To prevent and treat hair loss, the level of DHT in the body must be decreased. There are prescription drugs designed to inhibit DHT (such as Propecia), which block conversion of free testosterone into dihydrotestosterone. Being synthetic substances, prescription drugs for treating hair loss often have serious side effects, such as gynecomastia (abnormal breast enlargement in males) and even erectile dysfunction.

Saw Palmetto, on the other hand is a herbal DHT inhibitor. While it has a similar mechanism of action to Propecia, it does NOT cause side effects such as those associated with Propecia and other prescription drugs.

Saw Palmetto may stop or even reverse hair loss!

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TO ORDER CALL: 1-800-468-7884



Shingles Infusion

If you are suffering from the pain, itching, burning, blisters, or sensitive skin that accompanies a Shingles infection, you know who you are! If so, please give our soothing Shingles Infusion a try. It may be the relief you've been searching for!

Discover the benefits of the 6 extraordinary ingredients in our Shingles Infusion:

- **Chamomile** - Has an intense soothing effect on the problem area with cooling anti-inflammatory properties. It also relieves itching, burning, rashes, and blisters. It is a natural analgesic (pain reliever) and an antispasmodic (calms the nerves).
- **Lady's Mantle** - Has anti-inflammatory properties that help heal sores and soothe inflamed wounds.
- **Melilot** - Helps reduce pain, swelling, and inflammation. Used to clean, soothe, and heal sores or blisters.
- **Oak Bark** - Is a powerful astringent, antiseptic, and anti-inflammatory. Protects injured tissues by accelerating skin cell regrowth. Helps create a protective coat under which regeneration of new healthy tissues may take place.
- **Oatmeal (Oats)** - Softens and soothes the skin. Oats are very beneficial to the skin and have been used successfully over hundreds of years for the treatment and relief of many types of skin disorders.
- **Sage** - Contains astringent and antiseptic properties that help prevent, fight, and protect against infections such as shingles. Helps to relieve skin ulcers, blisters, and rashes.

FACTS:

- Shingles is contagious to people that have not previously had chickenpox, as long as there are new blisters forming and old blisters healing. Once all of the blisters are crusted over, the virus can no longer be spread.
- For most healthy people, the lesions heal, the pain subsides within 3 to 5 weeks, and the blisters leave no scars. However, shingles is a serious threat in immunosuppressed individuals - for example, those with HIV infection, or who are receiving cancer treatments that can weaken their immune systems. People who receive organ transplants are also vulnerable to shingles because they are given drugs that suppress the immune system.

Relieve the unbearable itching and pain! Don't suffer any longer. Why wait? Try our soothing and healing **Shingles Infusion** TODAY!

How To Prepare Shingles Infusion:

Put 4 Tablespoons of herb mix into 4 cups (32 oz.) of cold water in a pan. Bring to a boil. When it begins to boil, remove from heat. Steep 3 minutes, then let cool.

FOR EXTERNAL USE ONLY!

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VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

Shingles Fact:

- Most people who have shingles have only one episode of the disease in their lifetime although some may have recurrent episodes. Those with impaired immune systems may suffer repeated attacks.

3.5 oz. Dry Infusion Mix
\$18.99 HXSB-SFTC



Suggested Adult Dosage:

- When mixture has cooled to lukewarm or cool, gently dab affected areas with the infusion. You may re-apply the infusion up to 10 times a day (or as needed).

Hope for
Health

Slender

100%
Vegan*

Slender is an organic herbal blend that kills the appetite and attacks obesity. In addition, it has NO known side effects, and contains ingredients that scientists say fool your brain into believing you are full. It will help you decrease your calorie intake without feeling hungry all of the time (the reason most people fall off of their diets).

Slender:

- Will **NOT** keep you awake at night
- Does **NOT** cause you to feel jittery
- Does **NOT** increase your heart rate
- Does **NOT** contain caffeine or harmful chemicals
- Does **NOT** increase blood pressure

How does Slender work?

Slender contains a potent combination of herbs that work together to help you maintain a healthy body weight. One of the chief ingredients, Hoodia Cactus Extract, has been used for thousands of years by the San Bushmen of the Kalahari Desert to counter hunger and thirst during long hunting expeditions. Chromium Polynicotinate is included for the support of healthy blood glucose levels, as well as for the improved utilization of protein and fat. These ingredients, and so many more, are the reason **Slender** is so effective and widely popular.

Discover the benefits of the extraordinary ingredients in Slender:

- **Hoodia Cactus Extract** - Is an all-natural appetite-suppressant that promotes weight loss.
- **Chickweed** - Most commonly used as an aid to burn fat, both for weight loss and to break up fatty tumors and deposits. Also, regulates the thyroid and has appetite-suppressing properties.
- **Glucosamin** (from the Konjac plant) - Promotes weight loss by increasing feelings of fullness.
- **Garcinia Cambogia** - Helps to burn fat and lower blood sugar.
- **Coleus Forskohli Extract** - Promotes weight loss, fat burning, and is a powerful appetite suppressant.
- **Chromium Polynicotinate** - Helps to: reduce body fat, regulate blood sugar and cholesterol levels, and build lean muscle.

Slender is an appetite-suppressant, metabolism-booster, fat-burner, and energy-enhancer: ALL IN ONE! Slender is designed to help you achieve the weight you want and the shape you want, without ever feeling hungry! It is a MUST for anyone trying to lose weight and remain healthy at the same time!

60 Capsules
\$15.99 HXHH-SLEN



Suggested Adult Dosage:

- 1 capsule, one hour before lunch and dinner daily

FACTS:

- Over 60% of all Americans are either overweight or obese. Almost 20% of our children are overweight, up from only 5% in 1980.
- Being obese or overweight poses a major risk for developing chronic diseases, including type 2 diabetes, cardiovascular disease, hypertension, stroke, and cancer.
- According to the U.S. Surgeon General report, obesity is responsible for 300,000 deaths every year.

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TO ORDER CALL: 1-800-468-7884



Small Flower Willow

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 can eventually obstruct the bladder completely and emergency measures may become necessary.

Small Flower Willow (SFW) is an herb that not only helps treat disorders of the prostate, but also accelerates the recovery from the annoying symptoms that often accompany prostate problems. It causes absolutely NO side effects and is one of the most effective herbal remedies for improving prostate health.

What is Small Flower Willow Used For?

- Bladder and Prostate Cancer
- Benign Prostatic Hyperplasia
- Cystitis
- Male Pattern Baldness
- Kidney and Bladder Problems
- Urinary Tract Disorders
- Many Other Prostate-Related Problems

Does Small Flower Willow Really Work?

Scientific Studies:

- Many studies have shown that Small Flower Willow reduces prostate size and inflammation (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 the popular drug Proscar, but with absolutely NO side effects!
- European scientists have proven that SFW extract lowers the level of the androgenic hormone, dihydrotestosterone, in the prostate. **Why is that important?**

Increased Levels of Dihydrotestosterone Can Cause:

- Prostate cancer
- Male Pattern Baldness
- Kidney, Bladder, and Urinary Tract Disorders
- Development or exacerbation of benign prostatic hyperplasia (BPH)
- Enlargement of the prostate gland and other prostate-related disorders

FACTS:

- By age 50, one-third of American men have microscopic signs of prostate cancer, and by age 75, half to three-quarters of men's prostates will have cancerous changes.
- More than 30,000 men die of prostate cancer each year in the United States.
- About 16 percent of American men will be diagnosed with prostate cancer during their lifetime; 8 percent will develop significant symptoms; and 3 percent will die of the disease.

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VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

2 oz. Extract
\$17.99 SXSBSMWE



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

***New and Improved!
Alcohol-Free Formula**

3.5 oz. Tea
\$12.99 HXSBSMWT



Suggested Adult Dosage:
• Tea: 1 heaping teaspoon of 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.

Hope for Health

Soothe

100%
Vegan*

*Are you restless, anxious, tense, or just need a good nights sleep?
Then try our Soothe with 100% natural Valerian Root!*

FACTS:

- Today, **Valerian** is the most common non-prescription sedative used in Europe.
- 58% of adults say they suffer from symptoms of insomnia.

100 Capsules
\$9.99 HXHH-SOOT



Suggested Adult Dosage:

- 1-3 capsules per day for relief of symptoms

NOTE:

Soothe may increase drowsiness when combined with other sedatives.

Valerian root has been used for centuries to treat nervous system disorders, and it is commonly used as a sleep aid as well. In addition to its use as a tranquilizer and sleep aid, many herbalists also recommend **Valerian root** as a remedy for tension headaches and muscular pain because of its ability to act as a muscle relaxant.

Discover some of the benefits of the 100% Valerian Root in Soothe:

Soothe has been shown to be beneficial for:

- Insomnia
- Anxiety/Stress
- Headaches
- Depression
- Bronchial Spasms
- Sleep Disorders
- Menstrual cramps
- Muscle Spasms
- Epileptic Seizures
- Hyperactivity/excitability
- Nervousness
- Attention Deficit Disorder
- Stomach/Intestinal Cramps
- Relaxing Central Nervous System
- Sleep latency (the length of time it takes to get to sleep)
- Nighttime awakenings

Does Soothe (Valerian Root) Really Work?

Double blind studies have shown that **Valerian root** can decrease the amount of time it takes for people with insomnia to fall asleep. **Valerian root** is also used to treat anxiety disorders and counteract stress. It has a sedative effect that helps to relax the central nervous system and provide a feeling of calmness.

Soothe VS Traditional Sleeping Pills

In **contrast** to prescription sleeping pills and anti-anxiety medications, **Valerian root** has few side effects. Particularly significant is the fact that **Valerian root** does not cause the feeling of grogginess associated with the use of prescription sleep aids. Further, the herb is NOT addictive.

VALERIAN FACT:

In a 128-person study, **Valerian** extract demonstrated statistically significant improvement over placebo in sleep latency and sleep quality. *Pharmacol Biochem Behav* 1982;17:65-71.

Valerian Root Throughout History

- **Valerian** has been used as a medicinal herb since at least the time of ancient Greece and Rome. Its therapeutic uses were described by Hippocrates, and in the 2nd century, Galen prescribed **Valerian** for insomnia. *Valerian Root: Expanded Commission E Monographs*. Newton, MA: Integrative Medicine Communication, 2000: 394-400 -- Valerianae.
- In the 16th century, **Valerian** was used to treat nervousness, trembling, headaches, and heart palpitations. Culpeper N: Garden valerian. In: *Culpeper's Complete Herbal*. New York: W. Foulsham, 1994: 295-297
- During World War II, **Valerian** was used in England to relieve the stress of air raids. Grieve M: **Valerian**. In: *A Modern Herbal*. New York: Hafner Press, 1974: 824-830.

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

TO ORDER CALL: 1-800-468-7884



Sore Throat Formula



*There's nothing worse than the burning and pain that accompanies a sore throat. If you are prone to colds or sore throats, **Sore Throat Formula** is a must for your medicine cabinet! This all-natural, herbal blend helps to coat the sore area, quell inflammation, reduce pain and swelling, eliminate mucus, and speed healing of the tissues.*

Sore Throat Formula:

Although this blend was specifically formulated to help fight and prevent sore throats, because it contains anti-viral, anti-fungal, anti-bacterial, anti-inflammatory, and analgesic properties, it can also be used for colds, the flu, and any ulcerations in the mouth (including herpes sores/cold sores/fever blisters)!

Discover the benefits of 4 extraordinary ingredients in Sore Throat Formula:

Sangre De Grado (Dragon's Blood) Herb

- A natural antiseptic, Dragon's Blood helps to kill bacteria and heal lesions or ulcerations in the throat/mouth.
- It contains anti-inflammatory properties that help reduce the pain and inflammation that accompany a sore throat.
- A natural coagulant, it helps to stop bleeding (including bleeding gums) and speed healing of the tissues.
- Contains powerful anti-viral properties. Considering the fact that 90-95 percent of all sore throats are caused by viruses, it can help to kill the virus and reduce the chances of the illness spreading.
- Accelerates healing of skin and mucous membrane wounds including oral herpes (also known as cold sores or fever blisters).

Cat's Claw

- A powerful anti-inflammatory and analgesic, Cat's Claw helps to quickly reduce the pain, inflammation, and burning sensation that normally accompanies a sore throat.
- Contains quinovic acid glycodides that cool inflammation in the throat and throughout the entire body.
- Stimulates the immune system to fight infection.
- Also contains anti-viral properties that accelerate healing of the throat (most sore throats are viral).

Spiny Hold Back (Tara)

- Medicinal uses in Peru include: gargling infusions of the Spiny Hold Back pods for inflamed tonsils or washing wounds; it is also used for fevers, colds and stomach aches.

Honey

- High in nutrients, it contains vitamins B1, B2, B3, B5, B6, and C!
- Its natural anti-inflammatory effects help to heal and soothe the raw tissue in the throat more quickly.
- Contains powerful phytochemicals that kill viruses, bacteria, and fungus making it very valuable for treating the ulcerations in the throat/mouth.
- Honey is a natural antiseptic. Medical journals cite more than 600 cases in which honey was employed to treat wounds. Applying honey to the sore throat can help prevent further or prolonged infection.
- Honey contains antimicrobial agents, which prevent infections by killing the bacteria in and around the wound. Many types of bacteria can't survive in honey, so wounds heal, swelling eases, and healthy tissue can grow back.

TESTIMONIAL:

I am extremely prone to getting sore throats. It seems that every year I get at least 3-4 colds/sore throats (usually during the winter months). For a long time I looked for a completely natural product that would actually work, but in vain. Finally I tried **Sore Throat Formula**, and was amazed at how well it worked! Not only does it work well, but it works fast! I highly recommend this product! - L.P.

30mL/ 1 oz. Liquid
\$11.99 HXHH-STFO



Suggested Adult Dosage:

- 1-2 sprays on the affected area, two times a day or as needed

When my throat hurts, I always reach for my **Sore Throat Formula**. It instantly soothes the pain & burning, coats the entire area, & gives tremendous relief. It also helps to break up mucus and congestion, generally helping me to feel better all over. I love this product and would recommend it to anyone I know! - S.L.

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

Hope for
Health

Gallstones & Kidney Stones:

Gallstones and kidney stones are a major health problem in the United States. In fact, over 600,000 people are treated by medical doctors each year for this condition. In addition, over 20 million people in the U.S. suffer from gallstones at some point in their lives.

90 Capsules
\$11.99 HXHH-SCRU



Suggested Adult Dosage:

- 2-3 capsules a day

Stone Crusher

100%
Vegan*

If you've ever suffered through the experience of either kidney stones or gallstones, you know how excruciatingly painful it can be. Some have even described the pain to be similar to childbirth! If you haven't, you are fortunate, but that doesn't mean you aren't at risk. We now have an all-natural, herbal product that not only helps prevent stones, but also helps break up existing stones for easy, safe, and most importantly: PAIN-FREE elimination.

Health Benefits of Stone Crusher:

- Balances and improves digestion
- Stimulates healthy menstrual flow
- Helps detoxify the liver and kidneys
- Assists in eliminating foreign particles (stones) and other obstructions
- Provides relief for pain and inflammation (associated with stones)

Many uses of Stone Crusher:

Chanca Piedra, the primary ingredient in **Stone Crusher**, has also traditionally been used for many health problems, including: diabetes, prostate disorders, asthma, bladder infections, swelling/edema, gout (removes excess uric acid), painful joints/arthritis, jaundice, indigestion, constipation, poor circulation, excessive phlegm, bronchitis, coughs, and more!

CHANCA PIEDRA FACTS:

- **Chanca Piedra** (literally translated: "break stone") got its name because one of the outstanding qualities of this herb is to break up and expel both kidney stones and gall stones. It is believed to help stimulate the production of bile and to promote healthy liver and gall bladder function.
- Brazilian researchers have recently discovered powerful, long-lasting, pain-blocking activity in the **Chanca Piedra** plant.
- **Chanca Piedra** is also known for its liver-protecting effects against: Hepatitis types A, B, and C, herpes, and even HIV.
- **Chanca Piedra** is customarily used to clear obstructions throughout the various internal organs of the body by promoting the elimination of mucous and stones.
- Since the 1960's there have been a growing body of published information is on **Chanca Piedra**. Indian and Brazilian research groups were the first to conduct these studies since the plant was indigenous to their areas, with a long history of use by its inhabitants. The antispasmodic activities of alkaloids in **Chanca Piedra** were documented by Brazilian researchers in the mid 1980's, which explains the popular use of the plant for kidney and bladder stones. The alkaloid extract demonstrated smooth muscle relaxation specific to the urinary and biliary tract which the researchers surmised facilitates the expulsion of kidney or bladder calculi.
- **Chanca Piedra** gained world-wide attention in the late 1980's due to the plant's antiviral activity against Hepatitis B. Preliminary clinical trials on children with infective hepatitis showed promising results which fueled the subsequent studies. The inactivation of Hepatitis B by **Chanca Piedra** was reported in India in 1982. A study that followed indicated that **Chanca Piedra** eliminated hepatitis B in mammals within 3-6 weeks.

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TO ORDER CALL: 1-800-468-7884



Sunny Day

Do you or someone you love suffer from depression, mood swings, or anxiety? Are you having a hard time enjoying even the simple pleasures in life? If you're ready to relax and enjoy life again, Sunny Day can make the difference!

Discover the benefits of the extraordinary ingredients in Sunny Day:

VITAMINS & MINERALS

- **Vitamin B1** - Boosts mood & energy level. Reduces irritability, calms nerves, & fights depression.
- **Vitamin B2** - Improves mood. Deficiency can cause depression.
- **Vitamin B3** - Fights anxiety, irritability, & stress. Improves mood.
- **Vitamin B5** - Anti-stress factor. Protects against mental and physical stress.
- **Vitamin B6** - Very important in regulating mood disorders and is the most implicated of all the vitamins in the cause & treatment of depression.
- **Vitamin B12** - Improves mood and ability to concentrate. Fights depression, anxiety, & agitation.
- **Vitamin C** - Deficiency can cause fatigue, weakness, irritability, & depression. Elevates mood.
- **Vitamin E** - Boosts mood. Deficiency is linked with mental disorders.
- **Vitamin H (Biotin)** - Increases energy and endurance. Improves mood.
- **Vitamin M (Folic Acid)** - Improves mood and cognitive function.
- **Calcium** - Improves mood and fights mood swings.
- **Magnesium** - Stabilizes mood and emotional state. Fights mood swings.
- **Potassium** - Deficiency can cause irritability and agitation.
- **Iron** - Increases energy and reduces stress.
- **Zinc** - Improves mood, acts as a natural antidepressant.
- **Manganese** - Fights fatigue and improves memory and mood.
- **Chromate** - Helps regulate sugar levels and control cravings.
- **Selenium** - Improves mood and thyroid function.

HERBS

- **Valerian** - Reduces stress & aggression. Improves sleep quality.
- **St. John's Wort** - Fights depression and anxiety. Very calming.
- **Chamomile** - Encourages a state of relaxation without drowsiness.
- **Hops** - Calms the nerves and improves quality of sleep.
- **Passion Flower** - Helps fight: tension, anxiety, panic attacks, mood swings, irritability, restlessness, and difficulty sleeping
- **Skullcap** - Relieves stress, tension, and nervous disorders.

OTHER NUTRITIONAL FACTORS

- **L-Glutamic Acid** - Fights chronic fatigue & depression. Can help correct personality disorders.
- **GABA** - A natural tranquilizer without the effects of drugs. Anti-stress and anti-anxiety.
- **Tyrosine** - Important in treating anxiety and depression. Elevates mood.
- **RNA** - Improves memory, boosts mood, & fights mental disorders.
- **Melatonin** - Improves quality of sleep and improves mood.

Sunny Day contains even more powerful nutrients. Too many to list!

Facts About Mental Health:

- Studies of hospitalized psychiatric patients showed that upon admission, 25% were deficient in Folic Acid and 32% had deficient levels of Vitamin C (10% had actual scurvy). In addition, suboptimal levels of B12 were found at 30 times the prevalence of the general population. A deficiency in any one of these nutrients can cause an imbalance in the nutritional environment of the brain, and produce mood disorders.
- The first clinical effects of insufficient vitamin B complex are mood changes, insomnia, changes in appetite, and sugar cravings. As a group, the B-Vitamins play an important role both in alleviating depression and in relieving the anxiety and restlessness which often accompany it.

Hope for Health

FACTS:

- Anxiety disorders affect about 40 million American adults ages 18 years and older. That's about 18% of the population in a given year!
- At some point in their lives, 10-25% of women and 5-12% of men will likely become clinically depressed.
- It is estimated that 10 million Americans are on psycho-active medications. Drugs may modify the chemical environment of the cells and often alleviate symptoms, but they do not get to the root of the trouble.

100 Caplets
\$14.99 HXHH-SDAY



Suggested Adult Dosage:
• 1 caplet 3 times a day

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

Hope for Health

The electrolytic magnetic action of **Super Kelp** releases excess body fluids from congested cells and dissolves fatty wastes through the skin, replacing them with depleted minerals, particularly potassium and iodine. As iodine boosts thyroid activity, food fuels are used before they can turn into fatty deposits.

250 Tablets
\$7.99 HXHH-SKEL



Suggested Adult Dosage:
• 1-6 tablets daily

**** Used for Hypothyroidism only.**

Super Kelp

100%
Vegan*

Super Kelp could be the Super HELP you need! For years, Kelp has been known to improve thyroid function and aid in weight loss, but that's just the beginning! Kelp is also chock full of vitamins and minerals that help to improve a great number of conditions. And since the plant's nutrients come in a natural form, they are much more easily absorbed and used by the body - assuring your body is getting the nutrition it needs.

Some Conditions Benefited by Super Kelp:

- Hypothyroidism/Goiter
- Food Poisoning
- Eczema/Psoriasis
- Radiation Poisoning
- Poor Digestion
- High Cholesterol
- Hair loss/Dandruff
- Hay Fever/Allergies
- Depression
- Fibrocystic Breasts
- Breast/Colon Cancer
- Acidic body (pH)
- Obesity
- Anxiety/Stress
- Gout
- Eating Disorders
- Constipation
- Inflammation/Arthritis

Super Kelp Can ALSO Help:

- Reduce the risk of certain cancers
- Improve the strength and appearance of hair, skin, & nails
- Prevent birth defects/Improve health during pregnancy
- Control appetite
- Speed fat loss
- Stimulate the metabolism
- And much more!

FACTS:

- No land plant has even 1/2 the essential mineral content of seaweed like kelp. It contains over 30 minerals and vitamins, including minerals such as: iron, sodium, phosphorus, calcium, magnesium, and potassium. In addition, it contains vitamins A, B1, B2, B6, B12, C, D, E, and K, plus amino acids.
- In addition to vitamins and minerals, kelp also contains alkali, which plays an important part in our diet and our bodies' chemistry by helping to bring the pH to a healthy alkaline level.

By taking a regular dose of **Super Kelp** daily, you can help to keep your body's pH in balance!

Is pH Balance Important?

Our bodies must maintain a proper pH balance in order to function properly. Your body pH affects everything. An acidic balance will: decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease it's ability to repair damaged cells, decrease it's ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness.

An acidic pH can occur from, an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. Acidosis (an extended time in the acid pH state) can result in rheumatoid arthritis, diabetes, lupus, tuberculosis, osteoporosis, high blood pressure, cancer, and many more diseases. Alkali is what brings our bodies back into balance when they get too acidic.

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TO ORDER CALL: 1-800-468-7884



Super Thyro

Do you or someone you love suffer from a thyroid condition? Not sure?

Symptoms of a thyroid problem:

- Excessive fatigue
- Inability to tolerate heat or cold
- Irritability/Depression
- Muscle weakness
- Insomnia or difficulty falling asleep
- Weight gain or loss
- Decreased memory
- Dry skin/Hair loss

If these problems sound familiar, you may be suffering from a thyroid-related disorder. Try our Super Thyro herbal formula to improve the functioning of your thyroid and find relief.

Hope For Health's Super Thyro:

- Can be used for both hypo AND hyper thyroidism.
- Regulates energy levels.
- Aids in weight loss and control.
- Assists the body in maintaining proper metabolism.
- Is ideal for anyone with thyroid concerns.
- Contains no stimulants or glandulars (animal glands or tissues).
- Supports the body's normal metabolism and glandular function.
- Contains nutrients necessary for the production and regulation of thyroid hormones.

Discover the benefits of the 9 extraordinary ingredients in Super Thyro:

- **Blue Flag Root** - Stimulates and improves performance of the thyroid.
- **Fucus Vesiculosus (A type of seaweed)** - Helps regulate thyroid hormone levels in the blood and improves overall thyroid function.
- **Gentian Root** - Has a normalizing effect on the thyroid gland.
- **Guggul Gum Resin** - Stimulates metabolism, promotes weight loss, and increases production of thyroid hormones.
- **Magnesium** - Helps balance thyroid gland functioning.
- **Manganese** - Required to help transport thyroid hormones.
- **Iodine** - Helps to normalize the metabolism, burn calories more efficiently, improve energy levels, detoxify the body, and aids in weight loss.
- **Vitamin B6** - Regulates thyroid operation.
- **Selenium** - Required for proper maintenance and performance of the thyroid.

FACTS:

- If left untreated, thyroid disease can cause elevated cholesterol levels and subsequent heart disease, infertility, muscle weakness, osteoporosis and, in extreme cases, coma or death.
- More than eight out of 10 patients with thyroid disease are women. Women are five to eight times more likely than men to suffer from hypothyroidism (underactive thyroid).

Hope for Health

FACTS:

- An estimated 27 million Americans suffer from thyroid disease, yet over half of those people remain undiagnosed.
- The thyroid gland produces hormones that influence essentially every organ, tissue, and cell in the body. In short, if the thyroid doesn't work properly, neither do you!

90 Caplets
\$17.99 HXHH-STHY



Suggested Adult Dosage:
• 2-3 caplets daily

** Can be used for both hypo-OR hyper-thyroidism

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

Hope for Health

250 mL (8.45 oz.) Extract
\$13.99 HXSB-SBSM

500 mL (16.9 oz.) Extract
\$26.99 HXSB-SBLG



*Refrigerate after opening.

Suggested Adult Dosage:

- For general health and well-being: 1 teaspoon 15 minutes before each meal and 30 minutes before bedtime (4 times a day).
- For serious illness: May increase up to 1 tablespoon 15 minutes before each meal and 30 minutes before bedtime (4 times a day).
- For help sleeping/to stop snoring/for night-time relief of sickness or pain: 1 tablespoon 1 hour before bedtime.
- May be applied topically to: cuts, burns, bites, stings, acne, eczema, psoriasis, scars, or applied as a poultice to sprains and strains.

Swedish Bitters Extract

100%
Vegan*

*Discover how to enjoy optimal health! Discover improved vitality!
Discover a new level of herbal treatment! Discover an end to frustration with high medical bills! Discover the extraordinary benefits of Swedish Bitters.*

Discover the 11 Extraordinary Herbs In Swedish Bitters:

- **Aloe** - This is used as a laxative and vermifuge (expels worms and parasites). It also relieves burns, sunburn, wounds, and insect bites. Helps relieve menstrual symptoms.
- **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 potent 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 alleviating symptoms of a cold, such as chills. Relieves irritation of the reproductive organs.
- **Rhubarb Root** - Its astringent and antiseptic effect cleanses the digestive tract, removes debris, and relieves constipation.
- **Zedoary** - Great digestive aid! 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, excess mucous, indigestion, diarrhea, edema, urinary gravel, and can be used topically to treat wounds.
- **Carline Thistle Root** - An energizer, it can also be used to treat bronchitis, prostate disorders, and rheumatism. Also, it is a diuretic, antibiotic, and helps with 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 inflammation and cystitis.

What is Swedish Bitters used for?

- Acne/Pimples
- Anemia
- Appetite Loss
- Burns/Scalds
- Colic/Indigestion
- Constipation
- Dizziness/Fainting
- Earaches
- Edema/Swelling
- Epilepsy/Tremors
- Fever
- Hemorrhoids
- Hearing Loss
- Jaundice/Liver trouble
- Morning Sickness
- Removal of Scars
- Rheumatic Pains
- Ringing In the Ear
- Snoring or Insomnia
- Toothaches
- Sore Throat
- Stomach Cramps

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

TO ORDER CALL: 1-800-468-7884



S.B. Tea & Concentrate

Hope for Health

ORIGIN OF SWEDISH BITTERS

Swedish Bitters is a 500 year old European remedy used to rejuvenate vital organs, improve regularity, aid digestion, and cleanse the entire system. **Swedish Bitters** got its name from the well-known 18th century Swedish Physician and Rector of Medicine, Dr. Claus Samst. The actual creation of the formula is credited to Dr. Phillipus Paracelsus, a Swiss Physician who lived around 1541. In the 18th Century, Dr. Samst rediscovered the formula. The formula recorded by Dr. Samst is the **Swedish Bitters** that we know today. Dr. Samst himself lived to be 104 and finally succumbed, not to the ravages of old age, but as a result of a fall while out riding!

What Does Swedish Bitters Do? It:

- Purifies the blood.
- Energizes the entire body.
- Fights inflammation throughout the body - helping to relieve pain.
- Improves regularity: it 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 fighting off invaders.
- Aids the liver & gallbladder in ridding the body of toxins.

If you want all the benefits of **Swedish Bitters**, but are always on the go, our **Swedish Bitters Concentrate** is perfect. Sometimes great things DO come in small packages.

Or, if you prefer to make your own **Swedish Bitters**, try the **Swedish Bitters Tea**. It can be used as a tea or prepared as a tincture, whichever you prefer!

Suggested Adult Dosage:

Concentrate:

- For general health and well-being: Take 2-6 drops (in water or juice), 1-4 times per day.
- For serious illness: May increase up to 6-10 drops (in water or juice), 1-4 times per day.
- For help sleeping/to stop snoring/for night-time relief of sickness or pain: 6-10 drops (in water or juice) 1 hour before bedtime.
- May be diluted or used full strength and applied topically to: cuts, burns, bites, stings, acne, eczema, psoriasis, scars, or applied as a poultice to sprains and strains.

Tea:

Directions: Mix 1 teaspoon of dry mix in 1 cup of boiling water. Let steep for 3 minutes. Strain and enjoy!

- For general health and well-being: Take 3-4 cups daily.
- For serious illness: Extract or Concentrate is recommended.
- For help sleeping/to stop snoring/for night-time relief of sickness or pain: 1 cup 1 hour before bedtime.

See more Swedish Bitters testimonies on pages 80 & 93!

TESTIMONY:

My husband suffered with tremors in his hands for years, so when I heard of the Swedish Bitters, I had to see if he would give it a try. Thankfully he did! After using only 1 bottle, the hand tremors were completely gone and they haven't returned since! Thank you so much for your ministry and all the help you provide, you have truly blessed our lives! - A.N.

3.5 oz. Tea

\$9.99 HXSB-SBDH

30 mL Concentrate

\$26.99 HXSB-SBCO



30 mL of Concentrate makes 700 mL of Extract!

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

Hope for
Health

Natural Pain Relief

If you suffer from pain, and have found no other relief (including prescription medications), give **Swedish Bitters Mud** a try! Within a few minutes you can already feel the warmth as the mud starts working on the affected area. **Swedish Bitters Mud** is the residual matter left over after making the **Swedish Bitters Extract**. So not only do you get the immediate pain relief, but your skin absorbs the liquid and gets all the benefits of the Swedish Bitters Herbal infusion, helping to reduce inflammation and speed healing.

8 oz. Tub
\$19.99 HXSB-SBMU



***FOR EXTERNAL
USE ONLY***

Swedish Bitters Mud

100%
Vegan*

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!

Thousands of people have now seen phenomenal results from using Hope for Health's **Swedish Bitters Mud**! Pain is relieved, mobility is improved, people who once tossed and turned can sleep soundly through the whole night, and more! The relief that people experience, whether it's from occasional pain, an injury, OR chronic pain, is nothing short of miraculous.

Sore or damaged muscles, joint fatigue, chronic back pain, and so much more can receive benefit from a single application of **Swedish Bitters Mud**. Once the mud is prepared and applied as recommended, some people report having instant relief. We have seen and heard many testimonies from people giving glowing reports of the success of just one application of our **Swedish Bitters Mud**!

How to use Swedish Bitters Mud

Swedish Bitters Mud is a characteristically strong herbal formula with an exceptional ability for relieving pain. It has been used, even very sparingly, with great success.

The way it is made, it is very coarse with the stem, root, and leaf residue left over from making the **Swedish Bitters Extract**. Though it can be used in this state, you will find that you will require less mud (and wear it more comfortably) if you process it first. Therefore, we recommend that you place the mud (stems, roots, and all) in a blender with additional **Swedish Bitters Extract** (liquid), enough to achieve the consistency that will work as a moist paste. Once you have achieved the desired consistency, return the mud to the jar or another dark colored jar. After it is prepared, the mud poultice can be used for any number of conditions, including: pain, inflammation, infection, swelling, tumors, and more!

Directions for Use:

1. Spread a thin layer over the infected area. If the mud is applied too thick it may cause mild skin irritation. If you have very sensitive skin you may wish to apply a thin layer of **Varicose Rub** or **Swedish Bitters Salve** to the area to moisturize the skin before you apply the mud.
2. Next, using either gauze, a clean cloth, or a paper towel, make a moist compress by saturating the material with either **Swedish Bitters Extract** (or the liquid from the mud), but not to the point of dripping (Don't waste the Bitters!).
3. Last of all, cover the compress with a layer of plastic wrap so the poultice won't dry out. As long as the mud is moist, it is working.

We have found that the poultice will become warm almost instantly after application. As long as the poultice is warm to the individual wearing it, the **Swedish Bitters Mud** is working. Once it begins to cool, it is finished. Do not keep the poultice on for more than 1 hour at a time.

Once the poultice is removed, it should be discarded. Poultices can be applied twice a day or as tolerated by the individual. We recommend that poultices applied once a day be done an hour before bed-time to give the body time to rejuvenate and heal through the night before beginning activity the following day.

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

TO ORDER CALL: 1-800-468-7884



S.B. Salve & Soap

Do you suffer from an uncomfortable or embarrassing skin problem? Perhaps you would just like to get rid of some annoying blemishes. Are you buying products that don't seem to be helping? Well, the search is over! Swedish Bitters Salve is a highly powerful herbal-infused cream that helps to improve circulation to the skin, reduce chapping and dryness, speed skin regeneration and healing, & improve the overall look & tone of the skin.

What can I use Swedish Bitters Salve for?

- Burns/Scalds
- Itching/Dry Skin
- Warts
- Bruises
- Wounds/Cuts/Scrapes
- Psoriasis
- Eczema
- Acne
- Chicken Pox
- Insect Bites/Stings
- Poison Ivy/Oak/Sumac
- And much, much more!

Swedish Bitters Salve Ingredients: Swedish Bitters Herbal Infusion (see ingredients below), Olive Oil, Hemp Seed Butter, and Beeswax.

FACTS:

- Accutane, a popular drug used to treat acne, has been linked to **miscarriages and major birth defects!**
- Our skin is like a sponge, absorbing many chemicals it comes in contact with - including substances that may be dangerous for our bodies. Some components of the most common commercial soaps (as well as shampoos, bubble baths, skin lotions and other toiletries) might easily damage our skin; in some cases, they get absorbed into our blood stream, producing disastrous effects or even causing chronic problems for some people.

*Are you tired of looking for the perfect soap that is **completely natural**? We've got the answer! Relax and enjoy our wonderful 100% natural Swedish Bitters Soap. This soap is made using the unique herbal infusion that contains all the wonderful herbs you love in the Swedish Bitters Extract. It has been used to help with numerous skin problems, and is gentle enough for even the most sensitive skin! It is perfume-free and is formulated to help maintain the skin's natural acidity.*

Swedish Bitters Soap Ingredients: Swedish Bitters Herbal Infusion (See Below), Saponified Vegetable Oil, Olive Oil, Coconut Oil, and Castor Oil.

Discover the 11 extraordinary herbs in our Swedish Bitters Infusion:

- **Aloe** - This herb is wonderful for helping relieve burns, sunburns, wounds, and insect bites. It also helps relieve itching from various causes. Speeds the regeneration of healthy skin tissue.
- **Myrrh** - This herb has direct anti-microbial and anti-septic effects that help fight infection. When applied topically, it accelerates healing and decreases pain.
- **Saffron** - Helps treat acne, bruises, and superficial sores. Reduces back pain and inflammation.
- **Senna Leaf** - Contains anti-bacterial, anti-septic, and detoxifying properties that help cleanse and improve appearance of the skin.
- **Camphor** - Helps relieve skin problems, minor pain, and itching. Also helps heal bruises, sprains, and strains.
- **Rhubarb Root** - Helps reduce pain and speed healing associated with burns and traumatic injuries.
- **Zedoary** - A natural anti-inflammatory, reduces pain and swelling.
- **Manna** - Helps speed skin regeneration. Heals scar tissue.
- **Theriac Venezian** - Natural anti-inflammatory effects help reduce pain, redness, & inflammation.
- **Carline Thistle Root** - Fights infection and decreases pain and inflammation.
- **Angelica Root** - Nourishes the skin and promotes a healthy, vibrant, blemish-free complexion.

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

VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for Health

4 oz. Jar
\$11.99 HXSB-SBCR



Suggested Usage:

- Use liberally as needed. May apply as a preventative, to soften skin, or to affected areas. Can be used on broken skin. Safe for children.

3.4 oz. Bar
\$3.99 HXSB-SBSO



Suggested Usage:

- Use as needed. Can be used daily as a face soap or entire body wash. Can be used on broken skin. Safe for children.



A BREIF HISTORY OF MEDICINE:

"I have a sore throat."

2000 BC : "Here, eat this root."

1200 AD : "That root is heathen, say this prayer."

1500 AD : "That prayer is superstition, drink this elixir."

1800 AD : "That elixir is snake oil, take this pill."

1900 AD : "That pill is ineffective, take this antibiotic."

2000 AD : "That antibiotic doesn't work. Here, eat this root."

100%
Vegan*

Ultra Fighter

*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! Although modern medicine has provided us with antibiotics, most of the antibiotics used today are synthetic chemicals. While these drugs may help kill the "bad" bacteria, unfortunately they also kill the "good" bacteria. This can weaken your immune system, leaving you more susceptible to illness. That's where we come in! Our all-natural **Ultra Fighter** not only has all of the positive benefits of synthetic antibiotics, but it also leaves your healthy bacteria intact so your body will be stronger to fight off infections!*

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

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

Discover the benefits of the 14 extraordinary ingredients in **Ultra Fighter**:

- **Echinacea Extract** - A powerful anti-viral, anti-fungal, and anti-bacterial herb that helps boost the immune system.
- **Garlic Extract (odorless)** - Contains extremely powerful antibiotic, anti-viral, & anti-fungal properties.
- **Burdock Root Powder** - Used as a blood purifier to cleanse the bloodstream of toxins.
- **Ganoderma Mycelium** - Contains antimicrobial, anti-viral, & anti-tumor/anti-cancer properties.
- **Red Clover Blossom Powder** - Improves circulation to help purify the body and speed recovery.
- **Turmeric Extract** - It's anti-inflammatory benefits help fight infection and decrease pain.
- **Olive Leaf Extract** - Destroys harmful bacteria, viruses, yeast, and fungi.
- **Astragalus Root** - Helps support and maintain a strong and healthy immune system.
- **Barberry** - Helps decrease swelling, inflammation, and fever.
- **Grapefruit Seed Extract** - It naturally detoxifies, enhances, and supports the immune system.
- **Neem Oil** - Strengthens the immune system.
- **Pau D' Arco** - Provides nutritional support for the immune system.
- **Goldenseal Powder** - Contains antibiotic and anti-cancer properties. It dramatically boosts the immune system.
- **Caprylic Acid** - A powerful anti-fungal, it is often recommended for the treatment of candidiasis.

Ultra Fighter has been used effectively for:

- **Viral Infections** - Colds, the flu, herpes (type 1 & 2), leukemia, warts (all varieties), and virally caused cancers.
- **Fungal/Yeast Infections** - Athlete's foot, candida/yeast infections, jock itch, etc.
- **Bacterial Infections** - Dental infections, eye infections, ear infections, gingivitis, intestinal infections, pneumonia, sinus infections, staph, strep throat, syphilis, tuberculosis, tonsillitis, throat infections, urinary tract infections, etc.
- **Other** - Acne, boils, burns, cuts, dermatitis, eczema, psoriasis, skin cancer, all types of wounds, etc.

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

VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM

Hope for
Health

Ultra Fighter is a combination of powerful herbs and extracts designed to strengthen your immune system, while aiding in the prevention and treatment of viral, fungal, and bacterial infections.

90 Capsules
\$14.99 HXHH-UFIG



Suggested Adult Dosage:

- If you feel like you might be coming down with something, take 2-4 capsules per day.
- If you are currently sick, take 2 capsules every 4 hours until the symptoms subside (no longer than 10 days at a time).

Hope for Health

Lab Studies

In the laboratory, Calendula extracts (the primary ingredient in **Varicose Rub**) have been proven to be anti-inflammatory, antibacterial, antifungal, antiviral, antiulcerous, immunostimulating, while promoting epethelization. **To put that into plain English**, extracts of Calendula take care of several causes of skin problems, such as bacterial and viral infections, AND treat a number of the symptoms, such as inflammation and ulceration at the same time. Increasing epithelialization is a critical element referring to the skin's ability to knit itself back together. Some compounds in the plant actually stimulate the rejoining of broken skin, which is just what you need when you have some sort of abrasion. So Calendula really is the all-around best skin treatment; it addresses the symptoms as well as their causes!

4 oz. Jar

\$11.99 HXHH-VARI



Suggested Adult Dosage:

- Apply as needed to affected areas.

Varicose Rub

100%
Vegan*

*While **Varicose Rub** was specifically formulated for minimizing varicose veins, it has since shown to have many, many more beneficial uses. **Varicose Rub** is truly the miracle worker of the skin, whether a person has varicose veins, lumps, bumps, scabs that won't heal, eczema, athlete's foot, acne, or even herpes sores!*

Varicose Rub is useful in treating:

- Varicose Veins
- Herpes
- Fungal Infections
- Cold/Canker Sores
- Sunburns
- Warts
- Eczema/Psoriasis
- Athlete's Foot/ Ringworm
- Minor Burns
- Acne
- Bug Bites/Stings
- Chicken Pox/Shingles

Varicose Rub VS Steroid Cream

Steroid cream is a very commonly used preparation universally prescribed for problematic skin. It works wonders. Anyone with long-term skin problems knows how quickly it reduces inflammation and speeds the healing process. What they may NOT know is that steroids block the immune system, which is something people living in this killer-bacteria and virus-filled world cannot afford.

Steroid cream is fat soluble, and every time you apply it, it goes straight into the body and temporarily reduces the functioning of your immune system. Using steroids on chronic skin conditions means using them on an ongoing basis. That means a chronically impaired immune system!

The good news is, many people have used **Varicose Rub** in place of their steroid cream with wonderful success!

Varicose Rub can be used whenever the skin needs healing. A sunburn, itchy rash, bee sting, or an abrasion are all healed with the use of **Varicose Rub. It has so many uses it should be a staple in the medicine chest. When disaster strikes, reach for **Varicose Rub**. You'll be glad you did!**

Discover some benefits of Hope for Health's **Varicose Rub** with Calendula:

Chicken Pox - Nothing could be more pathetic than a child with the chicken pox or measles. Generous application of **Varicose Rub** will greatly diminish the discomfort. This is probably due to Calendula's ability to reduce inflammation. Itchy skin feels better under a layer of Calendula.

Eczema - Another common skin complaint today is eczema, and as with many chronic conditions, there aren't always easy answers to the problem. Fortunately, for many people, **Varicose Rub** works to keep the condition under control. Part of the syndrome is terrible itching which leads to scratching which leads to scabs which leads to scratching, and so on. **Varicose Rub** both soothes the itching AND speeds healing of the broken tissue, thus ending the itchy cycle.

Herpes - Calendula has been used to treat herpes sores, skin ulcers, warts, chicken pox, and shingles. All of these have a common denominator: they are skin eruptions or lesions caused by viruses. Its combination of anti-inflammatory, anti-ulcerous, and antiviral capacities makes Calendula just what the doctor ordered when it comes to treating herpes. Herpes sufferers can usually sense an outbreak before it happens, and this is critical if they plan to use Calendula to avert an actual breakout. Herbalists have found that if herpes sufferers apply Calendula cream (**Varicose Rub**) at the first warning signs, they can avoid a full-blown case of ulcers! So suffer no more! Thousands have had fantastic success with this treatment! Applies to all types of herpes, including cold sores, fever blisters, and genital herpes.

First Aid - Accidents happen, and it's important to have something in the medicine cabinet that can be used in first-aid situations. **Varicose Rub** is one of the best candidates for skin tragedies, from burns to abrasions. It will help skin heal faster and hurt less. Don't forget, the high potency Calendula has antibacterial, antiviral, and anti-fungal actions, which will eliminate infection on the wound site, as well as an anti-inflammatory action, which will help reduce pain.

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

TO ORDER CALL: 1-800-468-7884

The background of the page is an abstract, artistic representation of flowing liquid. It features vibrant shades of purple, magenta, and pink, with darker, almost black, highlights that create a sense of depth and movement. The liquid appears to be pouring or swirling, with smooth, curved lines and soft gradients. The overall effect is ethereal and calming.

Bath & Body

Pure & Natural

Moisture-Rich Shower Gel (16 oz.) - \$10.99



Invalidate your time in the shower with our shower gels that smell great and hydrate your skin while gently cleansing. It makes sense, really. Those harsh, chemical-laden cleansing agents that are bad for the environment are just as bad for your skin. So we don't use them. Our shower gel cleanses your skin gently, without stripping away its natural oils. We use vegetable glycerin, which is naturally emollient and suitable for even the most sensitive skin types. Jojoba, Vitamin E, and coconut oil moisturize and restore skin's elasticity, while botanical extracts, rich in natural anti-oxidants, work to replenish essential nutrients.

- French Lavender - HXHN-GFLA
- Grapefruit - HXHN-GGRA
- Geranium - HXHN-GGER
- Red Tea & Ylang Ylang - HXHN-GRTY
- Spearmint - HXHN-GSPE
- Shea Butter & Vanilla - HXHN-GSBV
- Vanilla & Sweet Orange - HXHN-GVSO
- Lemon Verbena & Bergamot - HXHN-GLVB

Exfoliating Body Scrub (16 oz.) - \$16.99, (20 oz.) - \$17.99



Continue the bathing experience with our scrubs that are a handcrafted blend of all-natural ingredients to make your skin radiant and soft. Our body scrubs help exfoliate dead skin cells and remove toxins, while powerful natural emollients deeply moisturize the new skin underneath. The salt scrubs (20 oz.) use mineral-rich salts with larger grains that help soften and soothe even the roughest areas. The sugar scrubs (16 oz.) use exceptionally fine grains of brown sugar that gently exfoliate the skin and leave you glowing!

- Sea Fennel & Passion Flower Sea Sugar Scrub (16 oz.) - HXHN-SSPF
- Brown Sugar & Kumquat Scrub (16 oz.) - HXHN-SBSK
- French Lavender Dead Sea Salt Scrub (20 oz.) - HXHN-SFLD
- Grapefruit Himalayan Pink Salt Scrub (20 oz.) - HXHN-SGHP
- Geranium Himalayan Pink Salt Scrub (20 oz.) - HXHN-SGEH

Fizzing Bath Salts (15 oz.) - \$13.99



Our effervescent bath salts fizz so delightfully and have such lovely scents that you might be happy with just that. But we wanted more. So we used two very special and unique kinds of salt: Dead Sea Salt, renowned since antiquity for its therapeutic powers, and Himalayan Pink Salt. Astonishingly rich in minerals such as magnesium, potassium and calcium, these natural salts can reduce tension, ease muscle discomfort, improve circulation and soften skin. Scented with natural essential oils and extracts, they make your bath calming and relaxing.

- French Lavender Effervescent Bath Salts - HXHN-BFLE
- Geranium Effervescent Bath Salts - HXHN-BGEF
- Mango & Guava Effervescent Bath Salts - HXHN-BMGE
- Vanilla & Sweet Orange Effervescent Bath - HXHN-BSOE



Bath & Body

Moisture-Rich Softening Body Lotion (12 oz.) - \$12.99

You want soft skin. You want a beautiful fragrance. But you don't want it so badly that you're willing to strip the earth's resources to get it. We understand. Our all-over body lotion uses nature's most effective hydrators without adding artificial fragrances and colors, parabens, petroleum products, or alcohols. And, like all of our products, it's cruelty-free. Rich in jojoba ester, olive-derived squalane, coconut oil, and botanical extracts, this creamy lotion is pure luxury.

- French Lavender - HXHN-LFLA
- Grapefruit - HXHN-LGRA
- Geranium - HXHN-LGER
- Red Tea & Ylang-Ylang - HXHN-LRTY
- Shea Butter & Oatmeal - HXHN-LSBO
- Spearmint Body Lotion - HXHN-LSPE
- Unscented Body Lotion - HXHN-LUNS
- Vanilla & Sweet Orange - HXHN-LVSO
- Lemon Verbena & Bergamot - HXHN-LLVB
- Sea Fennel & Passionflower - HXHN-LSFP

Ultra Moisturizing Body Butter (4 oz.) - \$12.99

For those days when your skin needs extra care, our ultra-rich body butter blends incredibly moisturizing shea butter with other powerful skin restorers like jojoba, almond oil and vitamin E. Infused with a luscious blend of botanical extracts and essential oils, this is the ultimate treatment for dry or stressed skin.

- Cucumber & Geranium - HXHN-BBCG
- French Lavender - HXHN-BBFL
- Mango & Sweet Orange - HXHN-BBMS
- Pure & Unscented - HXHN-BBPU
- Vanilla & Sweet Orange - HXHN-BBVS

Organic Essential Mist (8 oz.) - \$12.99

A simple way to make your world so much nicer. Our inviting essential mist has endless uses. Spritz linens or clothes to scent them lightly. Give your skin a re-hydrating mid-day treat. Mist your hair lightly to revive and freshen your style. Wear it as a soft, easy fragrance on those days when perfume is just too much. Use it as an exceptionally lovely and subtle room freshener. Safe for skin and fabric, just point and spray whenever you need a little pick-me-up.

- French Lavender - HXHN-MFLE
- Geranium - HXHN-MGES
- Vanilla & Sweet Orange - HXHN-MVSO

Ultra-Smooth Moisturizing Natural Lip Balm (.02 oz) - \$2.99

Our lip balm is as natural as it gets, containing nothing but almond oil, coconut oil, beeswax, olive oil, cocoa butter, shea butter, and all-natural flavoring oils. These wonderful balms heal, soften, and nourish your lips without the drying effects of petroleum-based lip balm.

- Cucumber Melon - HXSB-LBCM
- Island Delight - HXSB-LBID
- Peppermint - HXSB-LBPE
- Vanilla - HXSB-LBVA



Handcrafted Vegan Soap



**Cedarwood, Sage,
& Basil - HSCS**



**French Lavender
- HSFL**



**Geranium
- HSGE**



**Geranium & Indian
Patchouli - HSGI**



Grapefruit - HSGR



**Indonesian Patchouli
& Sandalwood - HSIP**



**Lemon Verbena &
Bergamot - HSLV**



**Mexican Lime &
Bergamot - HSML**



**Red Tea & Ylang Ylang
- HSRT**



**Sage & Rosemary
- HSSR**



**Shea Butter &
Oatmeal - HSSB**



**Spearmint
- HSSP**



Unscented - HSUN



**Vanilla & Sweet
Orange - HSVS**



**Wild African Rose
- HSWA**



**Baby - Shea Butter &
Chamomile - HSBS**

Pure luxury. Each bar of soap is made by hand and enriched with a nourishing blend of jojoba, shea butter, vegetable glycerin, botanical extracts, and essential oils. Our bar soap's ultra emollient lather pampers the skin while it cleans. And like all of our products, are made with the finest all-natural, cruelty-free ingredients. Available in 15 scents (And Shea Butter Chamomile for babies).

6 oz. Mega Bar.....\$6.99

(ALL SKU #'s Begin with HXHN. See individual products for last 4 letters.)

Healing Salves and Soap

Comfort Cream (4oz) - \$11.99

Aches? Pains? **Comfort Cream** can help to REDUCE: pain, inflammation, swelling, and recovery time. Many people experience significant or TOTAL relief only shortly after applying cream. Say goodbye to aches and pains with **Comfort Cream!** - HXSB-COCR
See page 19 for more information on **Comfort Cream!**



Varicose Rub (4 oz.) - \$11.99

While **Varicose Rub** was specifically formulated for varicose veins, it has since proven to have many more beneficial uses! **Varicose Rub** is truly a miracle for the skin, whether it is varicose veins, scabs that won't heal, eczema, athlete's foot, acne, herpes sores, or any other skin problem! - HXSB-VARI
See page 62 for more information on **Varicose Rub!**



Swedish Bitters Salve (4 oz.) - \$11.99

Swedish Bitters Salve helps to soften, soothe, and heal the skin. Regardless of the skin condition (psoriasis, eczema, dermatitis), **Swedish Bitters Salve** can help. For best results, cleanse skin with Swedish Bitters Soap, and follow with the moisturizing and soothing salve to lock in valuable healing properties. - HXSB-SBCR
See page 59 for more information on **Swedish Bitters Salve!**



Swedish Bitters Soap (3.4 oz.) - \$3.99

Swedish Bitters Soap gently cleanses, while maintaining the natural pH of the skin. Reduces oiliness without causing dryness. With its natural anti-bacterial and anti-viral properties, our **Swedish Bitters Soap** helps a variety of skin disorders. - HXSB-SBSO
See page 59 for more information on **Swedish Bitters Soap!**



TESTIMONY:

I have tried numerous products to help with my acne. Nothing has ever helped as quickly or as well as the Swedish Bitters Soap and Salve. Thank you so much!! - A.P.



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

VISIT US ONLINE AT: WWW.HOPEFORHEALTHUSA.COM



Vegan Gourmet





Vegan Gourmet Cookies

LEMONY LEMON

4 OZ.

\$1.99

HXSf-COLL



CRUNCHY PEANUT BUTTER

3.5 OZ.

\$1.99

HXSf-COPB



OATMEAL RAISIN

3.5 OZ.

\$1.99

HXSf-COOR



CINNAMON TWIST

4 OZ.

\$1.99

HXSf-COCT



Creamy Steamy Carob

1 quart soy milk
1 1/2 Tbsp. toasted carob powder
1 1/2 Tbsp. agave nectar or honey
1 tsp vanilla
1/8 tsp almond extract
Pinch of salt

Process all ingredients in a blender until smooth. Warm over medium heat, stirring frequently. May also be served cold.
Yields 1 quart.



Vegan Gourmet Donuts



GLAZED PUMPKIN
PIE SPICE DONUT

2.75 OZ.

\$1.59

HXNU-PPDO



GLAZED APPLE
SPICE DONUT

2.75 OZ.

\$1.59

HXNU-ASGD



CAROB ICED
DONUT

2.75 OZ.

\$1.59

HXNU-CCPD



ORIGINAL GLAZED
DONUT HOLES

BOX OF 12

\$3.99

HXNU-SYGH

Gluten-Free Vegan Donuts

GLAZED BLUEBERRY
SPELT DONUT

2.75 OZ.

\$1.69

HXNU-SGBD



CAROB ICED
SPELT DONUT

2.75 OZ.

\$1.69

HXNU-SCID

GLAZED CINNAMON
DONUT

2.75 OZ.

\$1.69

HXNU-GFCS



CINNAMON SPELT
DONUT HOLES

2.75 OZ.

\$4.59

HXNU-CSDH



Vegan Gourmet Sweet Nuts, Crunches, & Carob Treats



ORANGE VANILLA ALMONDS
8 OZ. \$8.99 HXAA-OVAA



ALMOND CRUNCH
10 OZ. \$8.99 HXNF-ACRU

What Customers Are Saying:

These crunches are AMAZING!!! It's very hard to find a delicious vegan snack that is low in sugar and TASTES GOOD! These are perfect! I love all the flavors, but the Strawberry-Pineapple is my absolute favorite. They are just sweet enough to satisfy your sweet tooth but not too rich. My whole family loves these. Even my friends love them so much they hardly believed it when I told them they were completely natural. The only problem is that it's hard to STOP eating them!! With all the junk out there, i consider these crunches a great find. They are well worth the money! C.T.

CASHEW CRUNCH
10 OZ. \$8.99 HXNF-CCRU



STRAWBERRY-PINEAPPLE CRUNCH
10 OZ. \$8.99 HXNF-SPCR

CRAN-BLUEBERRY CRUNCH
10 OZ. \$8.99 HXNF-CBCR



CRAN-TROPICAL CRUNCH
10 OZ. \$8.99 HXNF-CTCR



CAROB ALMONDS
8 OZ. (1/2 LB) \$4.99 HXHH-CALM

What Customers Are Saying:

I have looked all over for a completely VEGAN carob. Thank goodness I found this! This is the most delicious carob I've ever tried. I will be ordering regularly! D.G.



CAROB ALMOND CLUSTERS
8 OZ. (1/2 LB) \$4.99 HXHH-CALC

CAROB FRUIT & NUT CLUSTERS
8 OZ. (1/2 LB) \$3.99 HXHH-CFNU

Vegan Gourmet Jerky



Jerky Strips (Tough & Dry) - 1 oz.

- | | | |
|--------------------------|--------|-----------|
| › COWGIRL JERKY | \$1.99 | HXVD-CJER |
| › HICKORY JERKY | \$1.99 | HXVD-HPJE |
| › HOT CHILI JERKY | \$1.99 | HXVD-HCPJ |
| › HOT & SPICY (SHIITAKE) | \$1.49 | HXPS-HSPI |



What customers are saying about our Tough Jerky Strips:

When I ate meat, I loved beef jerky, however, since becoming a vegan, I never could find a jerky that really satisfied me. All of this changed when i tried this Hickory Jerky. For me, I love the dry, tough jerky and this one is just perfect. - R.H.



Jerky Strips (Saucy & Chewy) - 1 oz. - \$ 1.49

- | | |
|--------------------------|-----------|
| › HICKORY SMOKED (SOY) | HXPS-HSMO |
| › TEXAS BBQ (SOY) | HXPS-TBBQ |
| › MESQUITE LIME (SEITAN) | HXPS-MLIM |
| › THAI PEANUT (SEITAN) | HXPS-TPEA |
| › TERIYAKI (SEITAN) | HXPS-TERI |

What customers are saying about our Saucy Jerky Strips:

Personally, I have tried other vegan jerky and this one beats them hands down. I have tried all 5 flavors and love them all. They are juicy and delicious. Finger-lickin good!!! - B.R.



Jerky Sticks (Slim-Jim Style) (Various Sizes)

- | | | | |
|---------------------------|---------|--------|-----------|
| › SMOKED STICK (LARGE) | 1.5 OZ. | \$1.49 | HXPS-PSPS |
| › PEPPERONI STICK (LARGE) | 1.5 OZ. | \$1.49 | HXPS-PSPL |
| › PEPPERONI STICK (SMALL) | 0.8 OZ. | \$.99 | HXPS-PSSM |

What customers are saying about our Jerky Sticks:

If you like SlimJims, or other pork/beef style jerky sticks and would like a healthier alternative, these are awesome! I find these sticks to be the best vegan alternative around. They have a great flavor with just the right amount of "kick". They also seem to sustain me for a long time - a great snack for camping (small & light-weight with a lot of bang for your buck)! - T.D.

Health Books & DVDs



Health Books



Counsels on Diet & Foods

Ellen G. White

We all hope to achieve optimum health; here is great advice on how you can start reaching that goal today! Topics include: relationship of diet to spirituality, vegetarianism, fasting, and more! Ellen White's writings in the field of health have stood the test of time and the advances of science. This is a powerful aid for you and your entire family!

511 pages (both)

BEWC-CDHC
Hardcover....\$13.99

BEWE-CODF
Paperback.....\$6.99



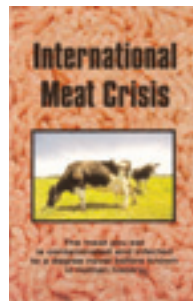
Counsels on Health

Ellen G. White

Living well equals living healthy! Here are practical principles that promote healthy living. Whether you are a health provider for many or one; you will find this to be an invaluable tool. Throughout her lifetime Ellen White devoted much effort and thought to alleviating the sorrows of the sick and suffering. Her amazing insights will guide you to living healthy and whole!

Hardcover, 687 pages

BEWE-COHE
\$13.99



International Meat Crisis

Vance Ferrell

In the 21st century, we have entered upon a level of contamination and disease in food animals that is beyond anything earlier experienced in human history. This is the full story of why this happened, and why your health is in danger!

Paperback, 174 pages

BEOR-SIRP
\$13.99



The Vaccination Crisis

Vance Ferrell

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.

Paperback, 304 pages

BEFV-VCRI
\$3.99



You Can Quit Tobacco

Vance Ferrell

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.

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

Paperback, 97 pages

BEFV-YCQT....\$2.99
10 or more...\$1.50
100 or more.\$0.40

Natural Remedies Encyclopedia



Vance Ferrell

(Hardcover, 840 pages)

BEFV-NREN.....\$49.99 - Regularly \$80.00!

This encyclopedia offers you over 11,000 inexpensive home remedies and covers over 730 diseases and disorders with prescriptions from nature's storehouse. This book is far more comprehensive than any comparable health book on the market.

Instead of being in alphabetical order like most books, the 25 Disease Sections are arranged topically, just like any major medical book written for physicians. Grouping similar diseases and disorders together on nearby pages enables the reader to easily locate and compare symptoms, causes, treatments, and prevention. The book is easy to read, easy to use.

There are over 100 water treatments used for caring for the sick in this book. Its information is of highest value. The skillful use of herbs and water therapy is invaluable in the recovery from sickness. Don't be without this valuable aid in your fight against illness and disease!

- Hailed the best reference book on natural remedies by physicians and layman alike.
- Find-it-fast indexes to help you find what you need, when you don't have time to waste!
- Designed as an easy reference for the average person, the Natural Remedies Encyclopedia is an easy-to-follow yet comprehensive reference manual for everyone to use.

Vegan Cookbooks



More Choices

Cheryl D Thomas-Peters, RD

Irresistible breakfasts!
High-energy lunches!
Quick and easy dinners!
Decadent desserts!
Each taste-tested, plant-based recipe includes a nutritional analysis, with options to include or not include dairy products or eggs. 30-minute meals will leave you more time to spend with your family! As you explore this book, you will learn to eat well, and live well!

Paperback, 157 pages

BEPC-MCHO
\$10.99



Stevia

Rita DePuydt

Cut your calories, improve your health, and still enjoy your favorite sweet treats! The herb stevia is a great alternative to sugar or artificial sweeteners. The intense flavor of stevia is 200 to 300 times sweeter than sugar, but NO calories! Stevia can now be found in most local grocery stores. Try these mouth-watering recipes, your waistline and your family will thank you!

Paperback, 206 pages

BEDR-STEV
\$9.99



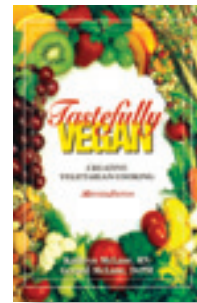
Taste of Health

Barbara Kerr

You will be fascinated by the author's account of her life changing, life saving, diet change. This inspiring testimony will prompt you to try every dish that "tastes too good to be good for you!" Special sections include: You are Not Sick You are Thirsty, and Shopping Tips.

P-back, 148 pages

BEKB-TOH2
\$19.99



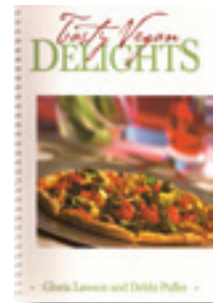
Tastefully Vegan

Kathryn McLane, RN & Gerard McLane, DrPH

A wealth of information is provided here in a creative, well organized, easy to follow format. Lots of facts, definitions, charts, and of course delicious recipes! If you are new to vegetarianism, this is the "how to" manual that will be indispensable in your new life style. Recipes include everything from a quick glass of punch to Thanksgiving dinner.

Paperback, 348 pages

BEMK-TVEG
\$11.99



Tasty Vegan Delights

Gloria Lawson and Debbi Puffer

Unlock the secret of tofu! Make couscous your friend! Bake pizza without a cow! Banish cholesterol and avoid calcium robbers! Try something new! This delightful cookbook will give you innumerable tips, and uplifting thoughts, along with taste tempting recipes!

Paperback, 142 pages

BELG-TVDE
\$12.99

The American National Institute of Health, in a study of 50,000 vegetarians, found that they live longer, have far less heart disease, and a much lower cancer rate compared to meat-eaters.

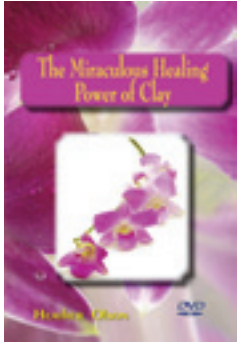
"A human can be healthy without killing animals for food. Therefore if he eats meat he participates in taking animal life merely for the sake of his appetite." Leo Tolstoy

"Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet." Albert Einstein

"If any kid ever realized what was involved in factory farming, they would never touch meat again. I was so moved by the intelligence, sense of fun and personalities of the animals I worked with on "Babe" that by the end of the film I was a vegetarian." James Cromwell

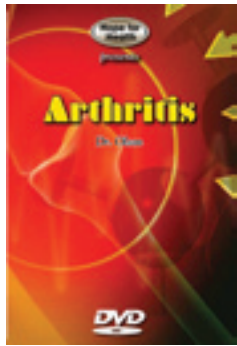
"Eating a diet containing meat and dairy contributes to almost every disease known to man, and conversely, a balanced vegan diet leads to the healing of many diseases. Why in the world are the "smartest" beings on earth (humans) still eating that garbage?" Dr. H.L. Olson

Health DVDs

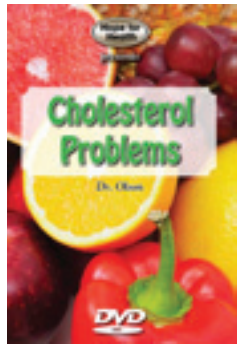


The Miraculous
Healing Power of
Clay
DEHH-CLAY

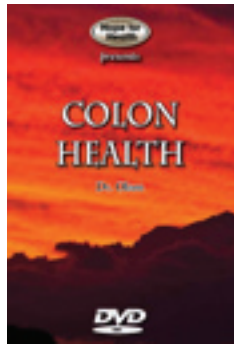
The waiting room is never full! No forms to fill out! Sit back in the comfort of your own home, and Dr. Olson will come to you! Not only does Dr. Olson dispense advice about natural treatment options, she also explains how your body works, why you have the symptoms you have, and why you have the diseases that plague so many in our world today. The DVD messages are presented in a discussion format with Joe Olson. You will be amazed as he will take the words right out of your mouth, and ask Dr. Olson the very question you would! If you do not suffer from the topic of a particular DVD, you may want to watch anyway. It is always beneficial to understand how our bodies work, and you may find a tidbit of information that a friend or family member needs! Unlike most visits to the doctor, if you don't quite catch all that Dr. Olson recommends, you can just rewind!



Arthritis
DEHH-ARTH



Cholesterol Problems
DEHH-CHOL



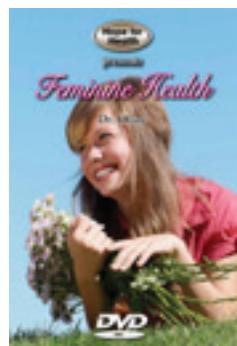
Colon Health
DEHH-COLO



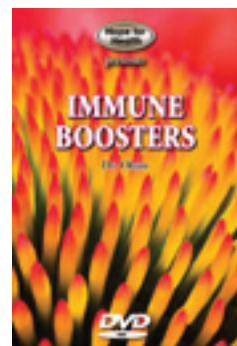
Depression
DEHH-DEPR



Diabetes
DEHH-DIAB



Feminine Health
DEHH-FEMI



Immune Boosters
DEHH-IMMU



Liver Issues
DEHH-LIVE



MSM and You!
DEHH-MSMY



Prostate Health
DEHH-PROS

All DVDs are packaged in sturdy black plastic cases with beautiful, colorful cover art!*

PRICES: 1 DVD = \$9.99, 2-5 DVDs (any titles) \$8.99 each,
6-10 DVDs (any titles) \$7.99 each, 10 or more of any titles \$6.99 each.

***MONEY SAVER:** We also offer the DVDs in a plain paper sleeve with no artwork (any titles) \$1.99 each.

Customer Testimonials





I have seen positive benefits from using the **Colon Clear** after only ONE

day of use. I have suffered from colon problems for years and I'm so excited as nothing has ever started working this fast for me! – Mrs. S

Colon Clear p. 18



I have suffered from atrial fibrillation for 8-10 years, off and on. 1-2 years ago I was having episodes daily and spent a lot of time in the emergency room. Then I found out about **European Green Clay**. I tried using it internally and noticed that I was experiencing fewer and fewer episodes until I hardly had any.

I used the **European Green Clay** for 3-4 months until I experienced a bout of diarrhea. At this point I backed off the clay, only taking ½ of my normal dose. As soon as I stopped taking the regular dose of clay, the atrial fibrillations came back. I then resumed my full daily dose of clay and the fibrillations have again decreased. I didn't do anything as far as dietary changes or supplements other than taking the **European Green Clay** and the episodes of fibrillations decreased! Thank you so much for sharing this wonderful product with us! – M.L.

European Green Clay p. 26-27



After using **Living Green Energy** only ONCE, I saw an increase of energy and the energy lasted throughout the entire day. I'm a great grandmother who has two great grandsons to keep up with, and **Living Green Energy** gives me the extra push I need! – J. in Alabama

Living Green Energy p. 39



I have only used the **Congesta-Clear** twice so far, yet both times I experienced immediate relief! Great product! - Mrs. J

Congesta-Clear p. 20



When I was diagnosed with Diabetes, my doctor put me on Metformin. I started to monitor my blood sugar level about twice weekly. Usually I would test after fasting overnight and sometimes about 1-1.5 hours after eating. My fasting level was around 118 and around 130 or so after eating.

I ordered and received **Diabetic Delight** and started taking it. I also stopped taking the Metformin. Within less than a week of using only **Diabetic Delight** my fasting level dropped from 118 to 97-98. I ordered more **Diabetic Delight** and also some **Diabetes Control**. I did not make any changes to my diet or otherwise, other than getting off of the Metformin and on the **Diabetic Delight**. This product is wonderful! – E.S.

Control p.22, Diabetic Delight p. 23



I tried the **Living Green Energy** and the **Ener-G** together! I noticed an increase in my energy level the very next day after I started taking them. I walk every day, and before I started using the products I didn't have much energy, but now I do! Some of the people in my neighborhood have even commented on the amount of walking I do now. – D. in Houston

Ener-G p. 25, Living Green Energy p. 39

Do you have a personal testimony about one of our products? If so, we'd love to hear from you! All of our testimonies are from REAL people just like you! Call, write, or email your experiences.



At 49, and working at a physically demanding job, I wanted more energy to get through the long days. The **Ener-G** made all the difference in the world!

When I take 2-4 capsules in the morning just before work, I can tell a huge difference. Having given up coffee long ago, it gave me the same feeling as far as waking me up and giving me the get-up-and-go energy. Also, I could make it through the whole day without getting tired. I love this product and I always keep a supply on hand. I don't want to be without it!

Ener-G p. 25



I have used the **European Green Clay** now for 2 weeks. Prior to using the clay I had a chronic cough that had lasted over 4 months. The cough caused very deep pain. However, after using the clay for only 2 days, my cough was already only half as bad as it had been. Then,

after only 4 more days, the cough was GONE!

In addition, I also fell and fractured my pelvis, and experienced great pain in my leg. After only 4 days on the clay, my leg pain was already cut in half! The **European Green Clay** is truly miraculous! – Mrs. B in Oregon

European Green Clay p. 26-27



My husband, who has dementia, only one kidney, and has colitis, has used

the **Green Clay** for about 3 weeks and has ALREADY seen benefits from it.

He no longer has colitis episodes and says that he feels much better!! –

Mrs. F

E. Green Clay p. 26-27



I just received my **Diabetic Delight** and **Diabetes Control** two days ago and I just HAD to call to thank you. My blood sugar has dropped 30 points after only taking them for 2 days!!! I'm beyond happy. Thank you so much! – L.C.

Diabetes Control p.22, Diabetic Delight p. 23



Dear Hope Family, I have ordered the **Living Green Energy** and do I ever love it. It is SO good and it gives me energy. Here I am ordering it again. I just don't want to be without it! Thanks so much. You are such nice and good people. I am 97 years old and feel great. Love you all. – R.B.

Living Green Energy p. 39



About 4 years ago I injured my shoulder while playing baseball. My shoulder has hurt off and on ever since. I tried some other remedies before but I only ever experienced temporary relief. Then I found out about the **Comfort Cream** and **MSM**. The very first day I used the **Comfort Cream** externally while taking the **MSM** internally, I felt great relief. It actually only took about 2 hours! I did this for 2 weeks and at that point the pain was gone completely. I stopped taking the products and now it almost never hurts. But when it does, all I have to do is take a few **MSM** or apply the **Comfort Cream** and the pain is gone again! – G.H.

Comfort Cream p.19, MSM p. 43



Whenever I feel a cold coming on, I reach for the **Ultra Fighter**,

it always clears it up within the first day! – L.H.

Ultra Fighter p. 61



My husband and I just completed our 3 month clay cleanse and we feel great! We both agree that our bodies feel cleaner and lighter and we are thinking more clearly. Thank you for your ministry and your help! – E.J.

European Green Clay
p. 26-27



I had been using **MSM** and **Comfort Cream** both for foot pain, although when I ran out I decided I wasn't going to re-order. I figured they weren't really helping that much. But after going just a couple days without it, the pain came back and I realized how much it had been helping! I called to reorder both the **MSM** and **Comfort Cream**, started using them again, and immediately began to notice an improvement. I definitely won't stop again! - B.J. **Comfort Cream** p.19, **MSM** p. 43



A few years ago I heard about the wonderful benefits of garlic for preventing colds and boosting the immune system. So whenever I would start to come down with something, I would eat some fresh garlic. It worked great, but as most of you know, it's pretty hard to get down in raw form, not to mention the bad breath that comes with it! So when Hope For Health began carrying Odorless Garlic, I made the switch. Every time I would feel like I was getting sick, I'd pop 2-3 capsules twice a day and it would knock it out. I felt so good that I started taking the Odorless Garlic every day as a preventative. Now I can't even remember the last time I got sick! And I don't have to worry about my wife complaining that I smell! – A.M.

Odorless Garlic p.44



I get fever blisters constantly and spend 13 to 18 dollars on Abreva and it still takes 7 to 10 days for them to heal and they are annoying and look awful. I decided to put **Swedish Bitters Extract** on one I got the other day and it was healed in just 5 days. Praise the Lord!! – S.S.

Swedish Bitters Extract p. 56



I have used the **European Green Clay** for almost three weeks and I have already seen a significant decrease in my knee pain and I am having better bodily eliminations. – E.P.

European Green Clay
p. 26-27



Those of you who work construction know what it's like when you're working in the winter time and your hands get really dry and cracked. Sometimes the ends of my fingers would get so dry that they'd just split and bleed. The area would get extremely tender and sore. I dealt with this problem every winter for years, and tried everything under the sun. I bought all kinds of lotions and salves, but nothing seemed to really help moisturize and heal my hands. Then I tried **Swedish Bitters Salve**. I just dabbed a little on the broken skin and covered it with a band-aid. Within just a few days, the skin was almost completely healed. I was so excited as before the broken area would crack and re-crack... just getting worse and worse, but with the **Swedish Bitters Salve**, the skin was completely growing back healthy and if it ever even started to feel like it might crack, I'd just do the salve again, and it would heal right up! I always keep a full supply of **Swedish Bitters Salve** on hand. I even started carrying a tiny jar of it in my pocket everywhere I go, just in case! – D.O.

Swedish Bitters Salve p. 59



Diseases & Remedies

(Listed alphabetically by disease)

Want a healthy alternative for your ailments? No time to call and find out what we suggest? No problem! At Hope For Health, we are here to help YOU help yourself. We know how busy life can get, so we created this handy, easy-to-follow guide to help you on the path to full recovery! Take charge of your own health!*

Yours In Health, The Hope For Health Team

A-B

ABSCESSSES/BOILS - Green Clay (Internally & Externally) [p.26], Swedish Bitters Extract (Internally & Externally) [p.56], Living Green Energy [p.39], Swedish Bitters Salve & Soap [p.59], Chlorophyll Liquid [p.16], Acerola Chews [p.6] or C-Blast [p.14], Ultra Fighter [p.61]

ACID REFLUX - Green Clay [p.26], Colon Clear [p.18], Living Green Energy [p.39], Swedish Bitters Extract [p.56], Charcoal [p.15], Chlorophyll Liquid [p.16]

ACNE - Green Clay (Internally & Externally) [p.26], Swedish Bitters Extract [p.56], E-Complex [p.24], Evening Primrose Oil [p.28], Swedish Bitters Soap & Salve [p.59], Varicose Rub [p.62], Flaxseed Oil [p.31], Living Green Energy [p.39]

ADD/ADHD - Soothe [p.50], Swedish Bitters Extract [p.56], B-Complex [p.11], Coral Calcium [p.21], Evening Primrose Oil [p.28], Mega-Multi [p.41]

AGING (ANTI-AGING PRODUCTS) - Mega-Multi [p.41], Ginkgo Biloba [p.33], Living Green Energy [p.39], Flaxseed Oil [p.31], Evening Primrose Oil [p.28], Odorless Garlic [p.44], Ener-G [p.25], Chlorophyll Liquid [p.16], Swedish Bitters Salve & Soap [p.59]

AIDS/HIV - C-Blast [p.14], Living Green Energy [p.39], Mighty Immune Plus [p.42], Mega-Multi [p.41], B-Complex [p.11], E-Complex [p.24]

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ALLERGIES - Acerola Chews [p.6] or C-Blast [p.14], MSM [p.43], Green Clay [p.26], Flaxseed Oil [p.31], Even. Primrose Oil [p.28]

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ANEMIA - B-Complex [p.11], Living Green Energy [p.39], Liver Support [p.38], Chlorophyll Liquid [p.16], Acerola Chews [p.6] or C-Blast [p.14]

ANXIETY - Sunny Day [p.53], B-Complex [p.11], Soothe [p.50], Coral Calcium [p.21], Super Kelp [p.54]

ARTHRITIS - Arthri-Gone [p.9], MSM [p.43], Comfort Cream [p.19], Coral Calcium [p.21], Mega-Multi [p.41], E-Complex [p.24], Evening Primrose Oil [p.28], Flaxseed Oil [p.31], Pain Eraser [p.45], Living Green Energy [p.39], C-Blast [p.14]

ASTHMA - Eye Bright [p.29], Congesta-Clear [p.20], Anamú [p.8], C-Blast [p.14], Ener-G [p.25], Evening Primrose Oil [p.28], Flaxseed Oil [p.31]

ATHLETE'S FOOT - Ultra Fighter [p.61], Odorless Garlic [p.44], Varicose Rub [p.62], Chlorophyll Liquid [p.16], Swedish Bitters Soap [p.59], Living Green Energy [p.39]

BAD BREATH - Green Clay [p.26], Chlorophyll Liquid [p.16], Living Green Energy [p.39]

BEE STINGS - Green Clay (Internally & Externally) [p.26] or Charcoal (Internally & Externally) [p.15], Swedish Bitters Salve [p.59] or Varicose Rub [p.62], Liver Support [p.38]

BLADDER INFECTION - Ultra Fighter [p.61], Small Flower Willow [p.49], Green Clay [p.26], C-Blast [p.14] or Acerola Chews [p.6], Mighty Immune Plus [p.42]

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BRONCHITIS - Congesta-Clear [p.20], Eye Bright [p.29], C-Blast [p.14], Ultra Fighter [p.61]

C-D

CANCER (GENERAL - CANCER FIGHTERS & IMMUNE BOOSTERS) - Anamú [p.8], Hoxsiac [p.35], C-Blast [p.14], Fruitilicious [p.32], Odorless Garlic [p.44], Living Green Energy [p.39], Mighty Immune Plus [p.42] or Mega-Multi [p.41] -- See below.

FOR CANCER, IN ADDITION TO IMMUNE BOOSTERS:

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CANCER (PROSTATE) - Saw Palmetto [p.46], Small Flower Willow [p.49], Flaxseed Oil [p.31], Masculinity [p.40], Sunny Day [p.53]

CANDIDIASIS (YEAST) - Candida Plus [p.13], Odorless Garlic [p.44], Ultra Fighter [p.61], Swedish Bitters Extract [p.56], Chlorophyll Liquid [p.16]

CARDIOVASCULAR DISEASE - Heart Maximizer [p.34], CholesterX [p.17], E-Complex [p.24], Odorless Garlic [p.44], Mega-Multi [p.41], Flaxseed Oil [p.31], Evening Primrose Oil [p.28], Living Green Energy [p.39]

CARPAL TUNNEL SYNDROME - Arthri-Gone [p.9], MSM [p.43], Comfort Cream [p.19], Coral Calcium [p.21], Pain Eraser [p.45], Swedish Bitters Extract [p.56], B-Complex [p.11], Ginkgo Biloba [p.33], Super Kelp [p.54], Flaxseed Oil [p.31], Evening Primrose Oil [p.28]

CATARACTS - Eye Bright [p.29], Ginkgo Biloba [p.33], E-Complex [p.24], B-Complex [p.11], C-Blast [p.14], Flaxseed Oil [p.31], Fruitilicious [p.32], Mega-Multi [p.41], Green Clay (Internally & Externally as a poultice over closed eyes) [p.26]

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E-H

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EYES/VISION - Eye Bright [p.29], E-Complex [p.24], B-Complex [p.11], Ginkgo Biloba [p.33], Flaxseed Oil [p.31], Mega-Multi [p.41], Ultra Fighter (for eye infections) [p.61]

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*This advice is for educational purposes only, and is not intended to diagnose, treat, or prevent any disease. It is not intended replace medical care. If you are in need of medical attention, please see your health care provider.

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Quantity	Product Title	Price Each	Total

Subtotal	
Shipping	
Order Total	

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Quantity	Product Title	Price Each	Total

This order is prepaid by: Check/Money Order MasterCard Visa Discover

Card Number: _____ - _____ - _____ - _____

Expires: ____ / ____ Signature: _____

Subtotal	
Shipping	
Order Total	

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\$25.01 - \$50.00 -----	\$9.25
\$50.01 - \$100.00 -----	\$13.50
\$100.01 - \$200.00 -----	\$16.75
\$200.01 or more! -----	\$2.99



Customer Testimonials Continued...



My teenage son has asthma and seems to be always catching colds or a sore throat. I gave him some **Ultra Fighter** to try and told him to take it whenever he felt like something was coming on. From that point on, whenever he'd feel like something was coming on, he'd take some **Ultra Fighter** and the very next day he'd always feel better and the cold/flu/sore throat would never really set in. In addition, I now have him taking the **C-Blast** every day as a preventative, and he rarely even starts to get sick anymore. These two products have been a life saver for my son and our whole family! – T.D.

Ultra Fighter p. 61, C-Blast p.14



About 6 months ago I went in for a routine mammogram, and they found a cyst in my right breast. The doctors scheduled more tests and I began to get worried. I called my son, who knows about natural remedies and he told me about the **European Green Clay**. He said that I could use it as a poultice and also drink it and it would help shrink the cyst. I wasn't sure about it, but I was willing to try anything. I started drinking the clay once a day and at the same time I started applying the poultice to my breast for 2 hours each night. I did this faithfully every day for 2 weeks. Then I went back for another checkup. They said they had to take additional x-rays. After taking the x-rays, the nurse came in and said, you can go home, the x-ray was completely clean. They couldn't find the cyst anywhere! Thank you so much for your Green Clay. It helped me so much! I recommend it to anyone who suffers from this sort of problem. – A.G. **European Green Clay p. 26-27**



Growing up, I was always a very hyperactive child. From Kindergarten on, I was in trouble a lot and finally, in the 3rd grade, because of my behavior, my school "highly" suggested that I go on Ritalin, which I did, and 2 years later they sent me to special education classes. To be honest, I don't remember much of the time I spent while on Ritalin, as I felt like a zombie, just kind of "out of it". Not a big guy to begin with, I began losing even more weight. I finally got so skinny and since I was too "out of it" to be acting up anymore, they took me off of Ritalin. I started to put on weight, but my attention level was way worse than it even had been before. I had problems with my attention span, concentration, and extreme hyperactivity throughout my teens into my twenties. Finally, I had a health consult with Dr. Olson, and she suggested that I try the **Swedish Bitters Extract** and the **Tranquility**. Within 2 weeks of taking them both every day, I noticed a dramatic change. I was much calmer, I could finally focus and concentrate on work, and I felt much better overall. I admit, even after using it with so much benefit, I would sometimes forget to take them. On days that I forget to take them, there is a noticeable difference in my ability to concentrate and hyperactivity. However, each time I take it, it works wonders. I really appreciate getting this advice. It was literally a Godsend, since I didn't want to take the drugs that caused so many side effects. – G.H.

Swedish Bitters Ext p. 56, Tranquility p. 60

Why Vegan?

Some people ask why we chose not to include animal products or by-products in our herbal supplements. Here are just a few reasons why:

We at Hope for Health have developed a particular philosophy of product purity and quality, and a total abstinence from any animal products. We believe that many of our diseases originate with the consumption of animal products and the way most of the animals are raised and kept.

As a result, if the animal products are in the vitamin and mineral supplements that we take, we are still putting ourselves at risk for the diseases that are caused by these ingredients. Take a look at so many of the products out there that claim to help you regain or maintain your health. They have ingredients that can actually cause more problems than you already have! At one time science supported the consumption of meat. It no longer does...

"The diet of the animals is vegetables and grains. Must the vegetables be animalized, must they be incorporated into the system of animals, before we get them? Must we obtain our vegetable diet by eating the flesh of dead creatures? Those who eat flesh are but eating grains and vegetables at second hand; for the animal receives from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct!" Counsels on Diet & Foods*, pg. 396

FACT: 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.

"Could you know just the nature of the meat you eat, could you see the animals when living from which the flesh is taken when dead, you would turn with loathing from your flesh meats. The very animals whose flesh you eat, are frequently so diseased that, if left alone, they would die of themselves; but while the breath of life is in them, they are killed and brought to market. You take directly into your system humors and poison of the worst kind, and yet you realize it not." Counsels on Diet & Foods*, pg. 385

FACT: 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.

"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.

A Yale University study revealed that vegetarians have nearly twice the stamina of meat-eaters. In this study, they used athletic meat-eaters, and compared them to vegetarians who did not participate in sports. Would you call that a fair study? Yet the vegetarians still won out.

Cornell University announced through major newspapers in May of 1990, "Humans are natural vegetarians." The report said: "Animal foods, in general, are not really helpful and we need to get away from eating them."

"Many die of diseases wholly due to meat eating, when the real cause is scarcely suspected by themselves or others. Some do not immediately feel its effects, but this is no evidence that it does not hurt them. It may be doing its work surely upon the system, yet for the time being the victim may realize nothing of it." Counsel on Diet & Foods*, p. 391

"Cancers, tumors, and all inflammatory diseases are largely caused by meat eating." Counsels on Diet & Foods*, pg. 388

FACT: The kidneys of the meat-eater must work three times harder than the kidneys of the vegetarian. In addition, although meat needs to pass through the digestive tract quickly, it takes four times longer than grains or vegetables.

"Many times when meat is eaten, it decays in the stomach, and creates disease. Cancers, tumors, and pulmonary diseases are largely caused by meat eating." Counsels on Diet & Foods*, pg. 384

In 1961, the "Journal of the American Medical Association" reported that a vegetarian diet could prevent 90-97% of heart diseases.

FACT: Studies reveal 59% less cancer among people who eat small amounts of meat, compared to average meat-eaters. (Imagine how much better those figures would be when compared to vegetarians.)

"Often animals are taken to market and sold for food, when they are so diseased that their owners fear to keep them longer. And some of the processes of fattening them for market produce disease. Shut away from the light and pure air, breathing the atmosphere of filthy stables, perhaps fattening on decaying food, the entire body soon becomes contaminated with foul matter." Counsels on Diet & Foods*, pg. 385

FACT: Scotland has the highest rate of bowel cancer in the world and they eat 20% more meat than the English.

FACT: During World War I, Norway and Denmark could not get meat. The death rate dropped 17% and then returned to normal when they returned to their meat diets.

"If slaughterhouses had glass walls, everyone would be vegetarian." Paul and Linda McCartney

FACT: In England, vegetarians pay less for life insurance. Studies show that vegetarians are stronger, more agile, have greater endurance, and recover from fatigue faster than meat-eaters.

FACT: The animals that are being raised for meat in the United States are diseased. The livestock industry attempts to control this disease by feeding the animals antibiotics. Huge quantities of drugs go for this purpose. Of all antibiotics used in the U.S., 55% are fed to livestock. But this is only partially effective because the bacteria that cause disease are becoming immune to the antibiotics. The percentage of staphylococci infections resistant to penicillin, for example, has grown from 13% in 1960 to 91% in 1988. These antibiotics and-or the bacteria they are intended to destroy reside in the meat that goes to market.

"The liability to take disease is increased tenfold by meat eating." Counsels on Diet & Foods*, pg. 386

FACT: Heart attack is the most common cause of death in the U.S., killing one person every 45 seconds. The male meat-eater's risk of death from heart attack is 50%. The risk to men who eats no meat is 15%. Reducing one's consumption of meat, dairy and eggs by 10% reduces the risk of heart attack by 10%. Completely eliminating these products from one's diet reduces the risk of heart attack by 90%.

FACT: The common belief is that the U.S. Department of Agriculture protects consumers' health through regular and thorough meat inspection. In reality, fewer than one out of every 250,000 slaughtered animals is tested for toxic chemical residues.

FACT: Ninety-nine percent of U.S. mother's milk contains significant levels of DDT. In stark contrast, only 8% of U.S. vegetarian mother's milk contains significant levels of DDT. This helps prove that the primary source of DDT is the meat ingested by the mothers.

FACT: Contamination of breast milk due to chlorinated hydrocarbon pesticides in animal products found in meat-eating mothers versus non-meat-eating mothers is 35 times higher.

FACT: The amount of the pesticide Dieldrin ingested by the average breast-fed American infant is 9 times the permissible level.

"Some animals are inhumanly treated while being brought to the slaughter. They are literally tortured, and after they have endured many hours of extreme suffering, are butchered." Counsels on Diet & Foods*, pg. 386

FACT: The amount of water used in production of the average cow is sufficient to float a destroyer (a large naval ship). While 25 gallons of water are needed to produce a pound of wheat, 5,000 gallons are needed to produce a pound of California beef. That same 5,000 gallons of water can produce 200 pounds of wheat. If this water cost were not subsidized by the government, the cheapest hamburger meat would cost more than \$35.00 per pound!

"Attitudes toward vegetarian diets have progressed from ridicule and skepticism to condescending tolerance, to gradual and sometimes grudging acceptance, and finally to acclaim." Dr. Mervyn Hardinge - Third International Congress on Vegetarian Nutrition 1997

"Researchers found that red meat consumption has negative influences on body odor." Chem Senses. 2006 Oct;31(8):747-52.

***FOR THE BOOK COUNSELS ON DIET AND FOODS, SEE PAGE 74**



Hope For Health
 P.O. Box 220
 Knoxville, Illinois 61448-0220

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MEDICAL 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 an astonishing 225,000 deaths per year caused by medical professionals' activity, manner, or therapy.

"The true method for healing the sick is to tell them of the herbs that grow for the benefit of man. Scientists have attached large names to these simplest preparations, but true education will lead us to teach the sick that they need not call in a doctor any more than they would call in a lawyer. They can themselves administer the simple herbs if necessary." PH 144

"There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life." MS 73

"The little handful of herbs kept and steeped and used for sudden ailments, have served tenfold, yes, one hundred fold better purposes, than all the drugs hidden under mysterious names and dealt out to the sick." PH 144



TESTIMONY: "I have suffered from anxiety, fatigue, and moodiness for longer than I can remember, although I had managed to just deal with it as best as I could. When contacting Hope for Health about my husband's health, I happened to mention my problems. The health counselor suggested I try the Swedish Bitters Extract. I noticed a difference the very same day! Once I forgot to order more, and ran out of the Swedish Bitters. The very first day that I didn't take it, my husband asked, 'Have you taken your Bitters today?'. It really makes THAT much of a difference, that he could tell I hadn't taken it! Now I always keep extra on hand for fear I'll run out. Thank you so much! I never imagined I would be able to feel this good!" - A.L. **Swedish Bitters Extract pg. 56**

FOR MORE PRODUCT TESTIMONIES, SEE PAGES 78-80 & 93.