

Meet renowned Harvard Professor and MIT Researcher, **Dr. Richard Wurtman**

Credited with discovering and *solving* the number one *hidden* cause of sleep problems in people over age 50, Healthy Directions couldn't be more excited to have Dr. Wurtman join our arsenal of natural health experts.



After receiving his MD from Harvard Medical School, Dr. Wurtman served as an Intern and Assistant Resident at Massachusetts General Hospital (MGH). He then went on to work as a Medical Research Officer in the Laboratory of Clinical Science at the National Institutes of Mental Health.

Dr. Wurtman has also held several positions at the Massachusetts Institute of Technology (MIT), most notably as the Cecil H. Green Distinguished Professor and as Director of the Clinical Research Center.

Dr. Wurtman has authored or coauthored 1,050 peer-reviewed research articles, and served as author or editor of 18 books.

But, for Healthy Directions and readers like you, his most exciting accomplishment is discovering why many people over 50 are awake for long periods during the night...and the simple step you can take today to overcome this frustrating problem.

Decades of clinical research has led to one truly exciting discovery.

Introducing the *first and only* sleep breakthrough backed by clinical research and shown to help you...

- Get to sleep faster each night – as quick as 20 minutes faster...
- Reduce restlessness, tossing and turning by 50 percent...
- Reduce nighttime wake ups by 65 percent
- Sleep longer each night—waking refreshed, never groggy!

Learn More

Learn more about Dr. Wurtman's cutting-edge discovery and how you can say goodnight to tossing and turning...sleepless nights...frustration...and fatigue!