



It turns out:

Your Grandmother was right about chicken soup for your cold...
and Harvard research confirms it!¹

50 Powerful, Natural, Scientifically Proven Health Remedies that Work, but...

- They're *not* in any cookbook
- Your doctor *won't* prescribe them

- And drug companies *want them kept secret*

So I'm going to send them to you absolutely FREE!

Dear friend,

Gosh...to this day, every time I get a nasty cold, I think about grandma's chicken soup. I don't know if it was the steaming hot broth...the tender onions, carrots, and celery...the juicy chunks of chicken...

...or the fact that it was made with grandma's love.

But *something* about that chicken soup helped my aching body, my throbbing sinuses, and that hacking cough feel



A Harvard article confirms, chicken soup can help clear nasal passages and reduce inflammation!

so much better.

Even if your grandma never made you chicken soup—I'm darn sure you've felt the soothing, warming, healing experience of a piping hot bowl of soup when you're laid up with a cold.

And the science *proves* that it wasn't all in your head—chicken soup IS good for healing your cold

But I'm not writing to you about the *science of chicken soup*. Chicken soup is only the beginning.

I'm writing because there's never been a better time to learn about the safe, powerful, natural ways to heal your body, halt and even *reverse* some of today's biggest health challenges and protect yourself from falling ill in the first place.

I'm talking about things like...

- ✓ The ancient berry extract that can shorten a flu by four days and reduce symptoms in as little as 24

hours^{2 3}

- ✓ The ingredient in apple pie that can help lower your blood sugar by a third in as little as 40 days⁴
- ✓ Or the Italian citrus secret shown to lower total cholesterol and triglycerides by 28% and 41% respectively...in as little as 30 days⁵
- ✓ A powerful antioxidant nutrient that not only lowers blood pressure, but cuts risk of heart failure mortality IN HALF. But only if you're taking this highly absorbable form⁶
- ✓ The delicious pizza ingredient that holds the secret to a 35% decrease in prostate cancer risk, and a 50% reduction in advanced prostate cancer⁷

Long before there were medicines, humankind healed and protected themselves with flowers, roots, herbs and extracts.

You wouldn't know it by walking the

It



is widely believed that it was Hippocrates who first said, "Let thy food be thy medicine..."

aisles, but your grocery store is PACKED with natural, healing remedies—many of them long-forgotten or disregarded.

Remedies your doctor will never prescribe to you... solutions the drug companies don't want you to know about...healing insights that you can start using right now to...

- ✓ Lower cholesterol and blood pressure—protecting your heart and cardiovascular system
- ✓ Strengthen your immune system reducing the amount of time you're sick and the severity of your symptoms
- ✓ Reduce joint pain, improve mobility and help you enjoy *everything* you do
- ✓ Control your blood sugar, safely and naturally, while boosting your energy
- ✓ Sleep better, balance your mood, reduce stress and anxiety—putting you in control of your day with the lasting natural energy you need
- ✓ Sharpen your memory, improve focus, even lower your risk of Alzheimer's and Parkinson's disease
- ✓ Spice up your sex life, boost your drive, stamina and endurance—even raise testosterone levels by up to

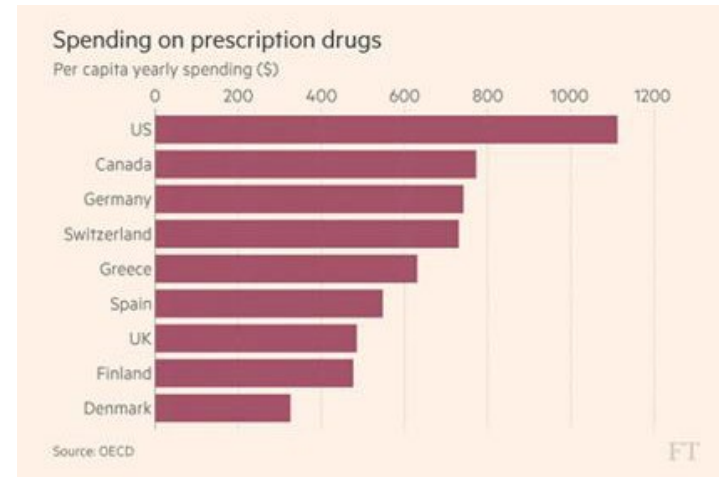
130%

Without a prescription, without fear of unwanted side effects, and without shelling out hundreds of dollars.

Right now it's more important than ever to take control of your health.

That's why I want to send you 50 powerful, natural, science-backed solutions absolutely FREE

"Each year



**Americans spend an average \$1,112 on prescription drugs — 44% higher than in Canada, the next highest spender."
- Financial Times, 1.20.2017**

According to a 2013 Mayo Clinic study, prescription drug use has been on a steady increase over the last 10 years. And, as you read this letter, nearly 70% of Americans are on at least one prescription medication.

More than half take two.

And one-fifth of Americans take five or more.⁸

So chances are good that *you're* spending a lot of money on *at least* one prescription medication.

According to *Financial Times*, Americans spend more on prescription drugs than any other country. "While other nations target disease prevention and treatment, US spends big on feeding the system itself."⁹

Just how much money are we talking about?

Well, on the average, Americans spend \$1,112 on prescription drugs—that's 44% more than in Canada, the next highest spender.¹⁰

But it's not just about the money.

It's the risks you take to stay healthy!

Think about that for a minute.

You're shelling out your hard-earned money to take prescription medications, designed to improve your health.



But when you ask your doctor about side-effects, they always say the same thing: I believe the potential risks are outweighed by the potential benefits.

THIS is modern healthcare? And don't forget that, more often than not, today's medications address only your symptoms—they do nothing to cure the underlying problem.

Blood pressure medications lower your blood pressure...but they don't address what's boosting your blood pressure...

Statin drugs lower your cholesterol...but they don't address the imbalance that's causing elevated cholesterol...

Pain relievers and anti-inflammatories help soothe your aching joints...but they don't repair the cartilage damage that's causing your pain...

Allergy medications dry you out and make you groggy...but they don't do anything to correct the immune system's imbalance that causes those awful symptoms...

Do you see the trend here?

And every medication you take comes with its own set of side effects and drug interactions. Each one requires a visit with your doctor. A trip to the pharmacy. A copay (if you're lucky enough to have coverage).

**What if there was a better way? An easier, healthier, and more affordable way? Well, there is. And I'm going to tell you everything you need to know—
for FREE**



**Lily Moran,
President & Publisher,
Newport Natural Health**

My name is Lily Moran. I'm the president and publisher of Newport Natural Health.

We are an independent team of talented experts, brilliant researchers, experienced formulators, and writers on the cutting edge of today's most important natural health breakthroughs.

Since 2012 we've had the privilege of arming health-minded people like you with the insights, guidance, and supplement solutions you need to make informed decisions, take control of your health, and help you and your family live your best lives.

We are not affiliated with the government *or* the pharmaceutical industry. That means we can cut through the confusion to bring you the *whole* truth behind the headlines, hype and half-truths.

We'll tell you about the studies that prove (or disprove) the benefits of today's most common natural solutions.

And there are a lot of them.

Believe it or not, there are safe, powerful, *natural* ways to address nearly every ailment you're taking medication for—cholesterol, blood pressure, blood sugar, joint pain, sexual health, sleep, digestion.

Not only do they typically cost less than prescription medications, they rarely carry negative side effects.

I'll show you the fastest, safest, easiest ways to conquer some of your biggest health challenges with proven, research-based natural remedies...

You'll learn how to choose the highest-quality, most effective forms of these natural health breakthroughs...

Without getting duped by shady marketers and unscrupulous manufacturers...

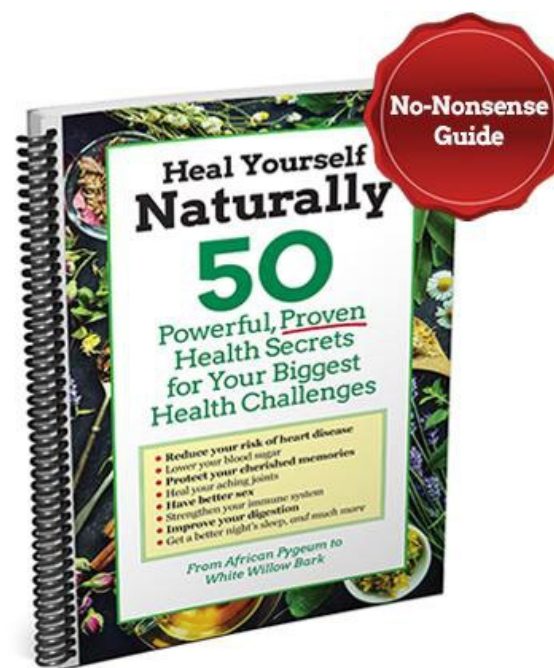
Let me send you a FREE copy of

Heal Yourself NATURALLY: 50 Powerful, Proven Health Secrets for Your Biggest Health Challenges

Whether you're new to the natural health world, or you're an experienced veteran, you know there are a lot of shady, smoke-and-mirror, "snake oil" salesmen out there.

And they're trying to make a fast buck by playing on your biggest fears and pain points—pain remedies, blood sugar solutions, brain and memory boosters.

It's hard to know the difference between what's worth your



**More than 50 proven, natural,
health-boosting secrets!
(A \$39.95 value)**

money (and your health!) and what's an outright fraud.

I'll show you how to do your own quality control check *before* you buy a supplement.

**I'll help you understand what can help you
conquer your biggest health problems...
and how to avoid the products that could
make them worse**

Remember that 2013 *New York Times* article?¹¹

The New York Times

***Herbal Supplements Are Often Not
What They Seem***

The New York State Attorney General's office tested several popular supplements from four major supplement retailers. And nearly every product they tested turned out to be junk.

Not only were they lacking in the very

ingredients they were touting as remedies, but many of them contained potentially harmful fillers and allergens.

After an exposé like that, you would think it would have been a wake-up call to all of the questionable characters of the supplement industry...but it wasn't.

There is still a lot of junk out there. And I want to show you how to tell the good stuff from the bad stuff.

- ✓ How to tell if your supplement manufactures practices GMPs, or good manufacturing practices
- ✓ How to find out if your supplement has been independently tested
- ✓ How to tell the



Don't settle for anything less than the purest, most potent, and effective supplements.

difference between
organic and synthetic vitamins and minerals

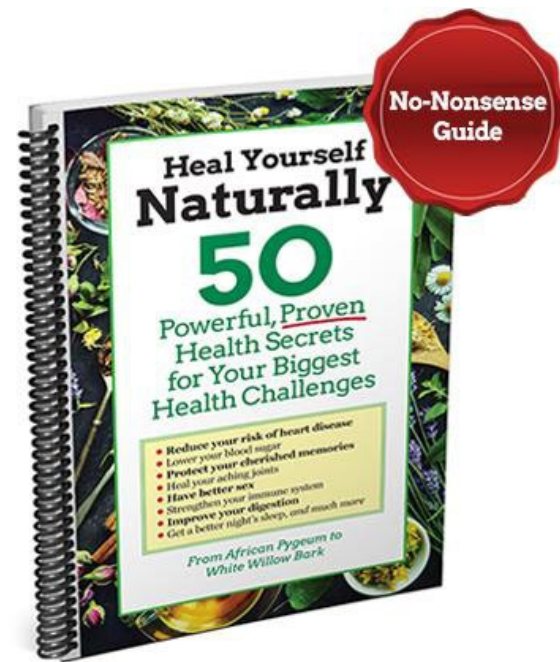
- ✓ How to tell if you're getting an effective dosage or key ingredients, or if you're just getting "label dressing"

You'll discover all of this, plus more than 50 powerful, natural health solutions, on the pages of *Heal Yourself NATURALLY:*

50 Powerful, Proven Health Secrets for Your Biggest Health Challenges.

**And if you'll allow me, I'll send a FREE copy
right to your mailbox**

You won't find this
comprehensive
collection of natural
health cures,
nutritional insights
and consumer
advice anywhere
else.



And we could easily sell this 80 page book for \$39.95 or more.

**More than 50 proven, natural, health-boosting secrets!
(A \$39.95 value)**

But for you, it's free. I just need to know where to send your free copy, and I'll get it right out to you, no strings attached. All I ask is that you cover the nominal \$7.95 shipping costs.

A small price to pay for such a powerful and invaluable natural health resource.

✓ Just imagine lowering your blood pressure, quickly, safely and naturally with a Japanese breakfast

food...

- ✓ For the guys, this ancient root, used in Ayurvedic medicine for eons, can help raise your testosterone by more than 127% in as little as 8 weeks...
- ✓ This weird, French bird egg extract can knock out your allergy symptoms in just 15 minutes (people reported no symptoms at all after 90 days!)...
- ✓ Improve your sleep, starting as soon as tonight—sure, you'll learn about standbys like melatonin... but this flower's been used to promote a delightful night's sleep in Europe and Asia for at least 2,000 years...
- ✓ Learn about the tiny little seeds you've been spitting out since you were a kid—they can lower your blood pressure by up to 11 points in just 4 weeks AND reduce dangerous inflammation...
- ✓ I'll reveal the very special type of fat shown to lower triglycerides by as much as 30%...
- ✓ Discover the amazing tree bark extract that halts joint pain and muscle aches as effectively as aspirin...
- ✓ The root extract, used in Chinese medicine for centuries, that can lower your A1C by up to 21% in just three months. And the side effects? Less inflammation, lower cholesterol, and it can even kill bacteria, helping to treat and prevent infections...

- ✓ Improve your mood, protect your memory, even reduce your risk of degenerative diseases like Alzheimer's and Parkinsons—areas where the drug companies have failed miserably.

Just say the word and I'll send you 80 pages of natural cures—more than 50 in all—shown in clinical studies to halt pain, support immunity, increase mobility, boost energy, protect your heart and improve your quality of life.

Heal Yourself NATURALLY is easily worth \$39.95... maybe more.

And even if we were to charge that much, if this incredible resource helps you cut just one prescription medication out of your life, it will have paid for itself several times over.

But I'm not asking for one red cent. Your copy of *Heal Yourself NATURALLY: 50 Powerful, Proven Health Secrets for Your Biggest Health Challenges* is

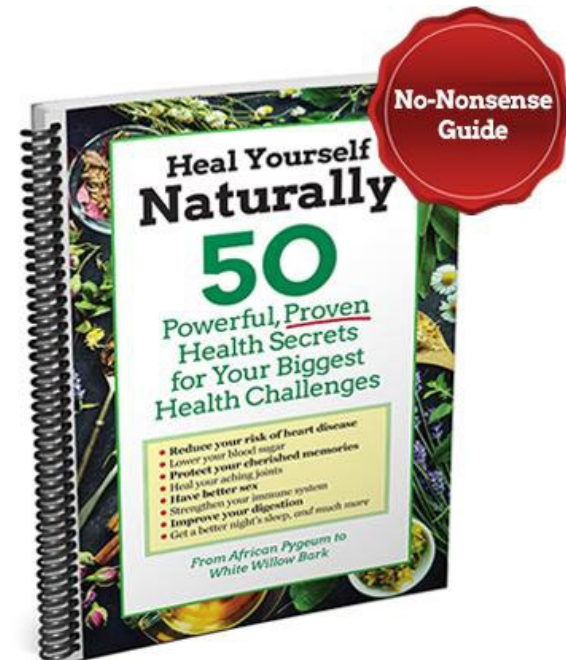
absolutely FREE

All I ask is that you cover the shipping—one small payment of just \$7.95—and we'll get a copy out to you as quickly as possible.

**YES! Please send me my FREE
book**

Healthcare costs are constantly on the rise. No other country on the planet pays what we do for healthcare.

Make no mistake, your government does NOT want you to have this information. And Big Pharma will pay massive sums to keep this information a secret.



**More than 50 proven, natural,
health-boosting secrets!
(A \$39.95 value)**

It's entirely possible that I'll have to take this down and this offer will come to an end with barely a moment's notice.

That's why there has never been a better time to be more informed and more in control of your health and wellness decisions.

This is an opportunity to arm yourself with the knowledge you need to take care of yourself and the people you love—safely, effectively and naturally.

So don't wait, click the button below to claim your FREE copy of *Heal Yourself NATURALLY: 50 Powerful, Proven Health Secrets for Your Biggest Health Challenges*. Respond today!

Yours in Health and Wellness,

A handwritten signature in blue ink that reads "Lily Moran". The signature is written in a cursive, flowing style.

Lily Moran
President & Publisher
Newport Natural Health

**YES! Please send me my FREE
book**

P.S. This book is brand new. The ink is barely dry and I couldn't wait to get a copy out to you. This information couldn't be more important—especially at a time like this. That's why I'm giving it away **ABSOLUTELY FREE**. All I ask is that you pick up the shipping and handling. It's a small price to pay for such an invaluable resource. Please don't wait around—claim your **FREE** copy of *Heal Yourself NATURALLY: 50 Powerful, Proven Health Secrets for Your Biggest Health Challenges*, now!

P.P.S. Big Pharma will pay massive sums to lobby your government to keep this information a secret. If you click through and get an error message, it means you've arrived too late.

So don't wait another second,
claim your FREE book today.

**YES! Please send me my FREE
book**



Ordering by phone? Call: 800-634-0905

**Reference Code: {OFFER} Please use for phone
orders only**

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

Sources:

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