SPRING 2013 \$6.9

INTERNATIONAL JOURNAL OF INDEPENDENT CARDIOLOGY

Cardiologists Stunned!

Across the country, jaws are dropping as patients receive excellent lab results!



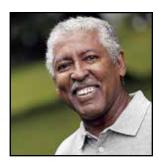
44 ...in just a few months, my triglycerides, cholesterol and blood pressure were in the normal range. 77

-Gordon S., NV



44 It helped my circulation and relieved my leg pain. Plus, my triglycerides came down over 100 points! 77

-Betty D., NC



44...On my latest physical, the doctor wrote: 'Labs look great.' 77°

-Glenn H., TX

This two-nutrient solution from the most exotic corners of the globe goes to work fast. And in as little as 90 days, YOU CAN SHOCK YOUR DOCTOR with...

- ▶ Well-balanced cholesterol levels
- ► Excellent blood pressure readings
- ▶ Improved circulation—even in the tips of your fingers and toes
- ▶ A boost in HDL ("good" cholesterol) levels
- ▶ A drop in triglycerides and LDL ("bad" cholesterol) levels

See inside now for exclusive access to the heart health breakthrough that's about to put cardiologists out of work for good!

PLUS: Claim your Cardio Health Library absolutely FREE.

How would you like to fire your doctor?

Dear friend,

It's happening as you read this letter—jaws are dropping in amazement, across the country, as men and women read their lab results and see:

- Outstanding blood pressure levels...
- ► Healthy cholesterol levels...
- High HDL...low LDL and triglycerides...
- ▶ Reduced inflammation markers...

Plus, improved circulation—from the tip of every finger to the tip of every toe!

As this heart health secret continues to change lives and bewilder doctors, cardiologists are terrified about the future of their industry. And with good reason!

"For 10 years my triglycerides were not coming down...in just a few months, my triglycerides, cholesterol and blood pressure were in the normal range." — Gordon S.

"I fully anticipated my doctor 'reading me the riot act'...interestingly, in reviewing my blood workup, he told me that my cholesterol was perfect—not only the levels, but the ratios too. He was astounded!" —*Karl K*.

"On my latest physical, the doctor wrote, 'Labs look great!'" — Glenn H.

There's only one thing these folks know that you don't...and, as you read this letter, I'll explain <u>exactly</u> what that is. Because...

- ▶ It's more versatile than fish oil...
- ▶ It delivers more benefits than CoQ10...





It's unbelievably affordable...

► Chances are your doctor's never even heard of it...

And even if he HAD, he probably wouldn't recommend it. Modern MDs are hopelessly handcuffed by laws binding them to government-mandated drugs and risky surgical procedures... and completely blind to the power of natural alternatives.

That's why I've dedicated my life to scouring the Earth for these alternatives. But even I was shocked by the cardiovascular breakthrough I found hanging from a treetop in the mountains of India...

please turn...

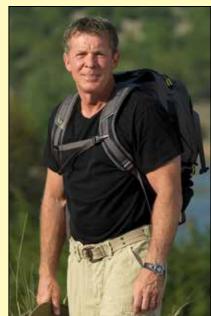
Dr. David Williams: The International Cure Hunter Who's Shaking the Foundation of Modern Medicine

Dr. Williams has a hard-earned reputation as one of the world's leading authorities on natural healing. Often years ahead of the conventional medical establishment, he has traveled worldwide to locate, evaluate, formulate, and write about proven treatments and cures for practically every major health concern.

Until 1985, Dr. Williams operated the largest non-invasive medical practice in central Texas. But he left daily practice behind to devote his full-time energy to sharing his health discoveries from around the world through his newsletter, *Alternatives*.

Currently America's longest-running alternative health newsletter, over the last 24 years, Dr. Williams has shared the world's most promising natural therapies with hundreds of thousands of devoted readers.

Motivated by his philosophy that the body's innate healing capa-



bilities need to be supported with sound natural therapies, Dr. Williams is excited to introduce you to *Total CardioCover*®—the most comprehensive natural solution to heart health available today.

So please read on to learn more about this exciting breakthrough. Or simply turn to page 23 now and order your risk-free supply of *Total CardioCover* now!

*Results may vary.

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.

2 | ©Healthy Directions | 3

Your cholesterol has met its match

Higher HDL, lower LDL and triglycerides in as little as 90 days!

E ven if you've the ever solution in the book... ven if you've tried every natural cholesterol

You are in for the surprise of your life!

Because in the remote mountains of India grows a grape-sized berry called amla.

And it's about to give your cardiologist a few extra days off.

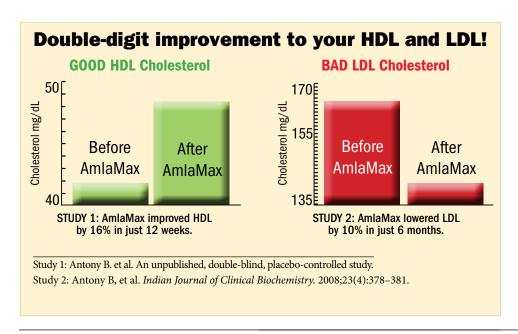
Also known as the Indian gooseberry, there are 280 varieties of amla. But only one variety has the power to beat your cholesterol into submission.

It's a variety called vanya, and these sour berries can only be harvested two months out of the year—picked by hand from the highest branches of the trees they grow on.

Ayurvedic texts, dating back centuries, talk about using its juices and extracts for a variety of heart health remedies.

But what modern science has uncovered about amla is far more exciting

Using a patented extraction process, these wild-grown berries are reduced and standardized to an extremely potent antioxidant extract called AmlaMax®.



In one double-blind placebo-controlled study, after just 90 days of using AmlaMax, test subjects were amazed to see that their:

- LDL dropped by 10%...
- HDL increased by 16%...
- HDL to total cholesterol ratios improved...

Another AmlaMax study showed a 39% drop in triglycerides within just six months.

Not even fish oil can stand up to these results

Don't get me wrong, fish oil is a wonderful product.

Rich in the omega-3 fatty acids EPA and DHA, fish oil comes with a tremendous array of heart health benefits.

But where fish oil falls short, AmlaMax shines.

Like AmlaMax, EPA and DHA work wonders for promoting healthy triglyceride and overall cholesterol levels. But when it comes to raising beneficial HDL levels, fish oil doesn't work for everyone.

(continued, page 6)

Why fish oil falls short!

Let me state up front that fish oil is a wonderful product... and before I developed *Total CardioCover*, I would have had no hesitation recommending it to anyone looking to improve overall heart health.

Rich in EPA and DHA, fish oil is a fantastic way to help control triglycerides, blood pressure, and inflammation.

But Total CardioCover is the only natural heart health supplement that can also:

- ✓ Raise HDL (good!) cholesterol
- **✓** Improve circulation
- **✓** Promote healthy clotting

Plus, unlike fish oil, *Total CardioCover* comes with no risk of contaminants or heavy metals.

So why wait? Turn to page 23 to order your risk-free supply of *Total CardioCover* today. Or for faster service, call toll free 1-800-361-9525.



Contains: Soy

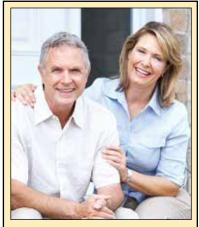
HDLs are highly dense lipid particles that act as little bullets in your blood stream. Their job is to keep your blood vessels clean and clear by helping to remove big, dangerous LDLs.

Having high HDL is key to maintaining healthy cholesterol ratios. And AmlaMax is one of the only nutrients consistently shown to raise healthy HDL.

Healthier arteries in as little as 90 days

Oxidized cholesterol, LDL in particular, is the most dangerous kind of all. That's the kind that turns into hardened gunk.

But in a 90-day study, AmlaMax reduced cholesterol oxidation by 20%.



My husband's triglycerides are down 120!!

"His results were so good, [his doctor] wanted him to continue doing what he was doing... I just ordered more Total CardioCover! 77.

—Betty D., NC 'Results may vary.

In fact, researchers used three different scales to test the antioxidant benefits of AmlaMax...and they showed 20%, 55%, and 33% reductions in oxidation.

Don't worry, you won't need a plane ticket to India

Because I've traveled the world locating, evaluating, and researching the world's most powerful, natural healing solutions so you don't have to.

And in another minute, I'll tell you just how to get your hands on all of the heart-protecting power packed into these tiny, special, wild-grown amla berries.

It is the key to taking control of your heart health, sending your cardiologist on an extended vacation, and living with the energy and confidence of knowing your heart will continue beating strong for years to come.

But first, I want to tell you why I've paired AmlaMax with a 1,000-year-old Japanese breakfast food.



Perfectly balanced blood pressure in as little as eight weeks!

Thanks to this 1,000-year-old Japanese breakfast food

Tt's been called the silent killer...and with good reason.

Few people ever experience a single symptom of high blood pressure... until it's too late. In fact, it's one of the single biggest causes of heart concern.

But this Japanese breakfast food holds a powerful secret

And this secret doesn't just take good care of your heart, it can give you the peace of mind you deserve.

Knowing your blood pressure levels are right where they should be.

(continued, page 8)

From breakfast food to heart-protecting wonder!

The Japanese have been eating natto for centuries. Also known as "vegetable cheese."

It has a pungent ammonia-like odor, a musty flavor, and a yolk-like stringy texture. Make no mistake, natto is an acquired taste.

But it's these sticky strings that contain the clot-busting, heartprotecting power of nattokinase.

Natto has been a sacred Japanese food and folk remedy for many ailments, but it wasn't until 1980 that Dr. Hiroyuki Sumi of the University of Chicago Medical School discovered its true power.

He tested more than 170 different foods looking for a natural way to help dissolve blood clots in hopes of improving heart health... and the heart-protecting power was undeniable.



Refined, purified, and standardized over time, the NSK-SD® nattokinase you get in each daily serving of *Total CardioCover* is by far the most potent, widely studied and time-tested nattokinase I've ever reviewed.

So don't wait another minute. Harness the power of NSK-SD nattokinase—turn to page 23 and order your risk-free supply of *Total CardioCover* now! Or for fastest service, call 1-800-361-9525. Call today.

It smells terrible, it tastes awful, it has an awkward texture...and it just might save your life.

I'm talking about a fermented soybean food called Natto.

It's made by fermenting cooked soybeans with a bacterium called, Bacillus subtilis natto. The soybeans are fermented at 104°F for 14 to 18 hours until the dark brown beans are covered with a sticky, viscous, string-like material.

It doesn't sound at all appetizing, but...

This string-like material is the source of the enzyme nattokinase, one of the most powerful natural blood pressure solutions I've ever researched.

Test subjects taking nattokinase saw significant improvements in circulation!

And in a double-blind, placebo-controlled study, test subjects saw sustained improvements in blood pressure levels after just eight weeks.

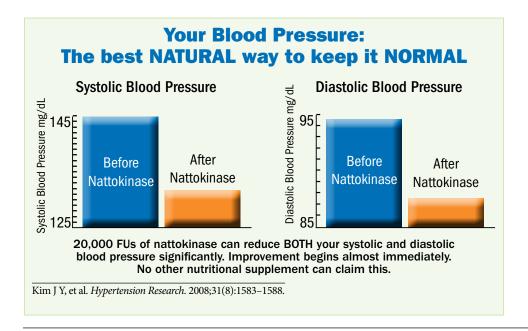
Improved circulation and blood pressure levels...imagine the look on your doctor's face when you tell him you've made such remarkable progress thanks to a 1,000-year-old Japanese breakfast food!

But not just any old nattokinase will do...

Once I discovered the blood pressure balancing power of this unique food... I went looking for the best source

Nattokinase isn't terribly difficult to make...so there are nearly countless brands in varying potencies and qualities.

But when it comes to making nutrient recommendations to health-savvy people like you, I won't stand behind anything but the best.



I wanted nattokinase made from a soybean source I could trust...fermented under the strictest, most well-regulated conditions...producing a standardized, reliably potent, and effective product.

I take pride in my recommendations and I take your trust very seriously.

So when I read the research on the NSK-SD form of nattokinase, I couldn't believe my eyes. I knew I'd found what I was looking for.

Backed by more than 23 studies—human clinical, safety studies, and even detailed cellular analysis—NSK-SD is the most potent, well-researched natural blood pressure solution in the world.

"A diet rich in natto may be a major contributor to the astounding health of the Japanese. On the average, they live to be 83 years old! That's the highest average longevity of any nation in the world!" —Dr. David Williams

Spend more time visiting friends... instead of your cardiologist

It's a proprietary form of the nattokinase fermented with a patented strain of Bacillus natto using carefully selected, non-GMO soybeans. They're grown and processed using well-guarded, proprietary techniques.

Believe me, these are no ordinary soybeans.

NSK-SD has a very unique nutrient profile and it's the form used in the vast majority of clinical trials...including the two I mentioned above.

But the power of NSK-SD doesn't stop at blood pressure alone. Not by a long shot!

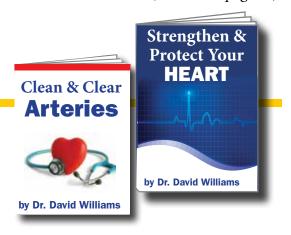
Restore blood vessel strength and flexibility

Ensuring healthy, flexible blood vessels is a key factor for maintaining healthy blood pressure levels.

Your blood vessels need to be able to expand and contract with ease to ensure you're getting enough oxygen-rich blood, both when you're relaxing or on the go.

(continued, page 10)

Turn to page 23 now to claim your FREE **Cardio Health Library!**



Can't I just eat soybeans?

The short answer is no. The fermentation process concentrates the nutritional value of soybeans, leading to a food higher in proteins and essential vitamins and minerals than plain old beans.

Plus, not only does fermentation boost the bioavailability of these nutrients, only soybeans fermented with *Bacillus natto* produce the circulation-boosting, clot-busting power of nattokinase.

> And each dose of *Total CardioCover* comes with NSK-SD nattokinase—the world's purest, most potent, and well-researched form of nattokinase, in the exact amounts used in the most successful clinical studies.

So don't wait another minute. Take control of your heart health. Turn to page 23 to order your risk-free supply of Total CardioCover today and get your FREE Cardio Health Library.

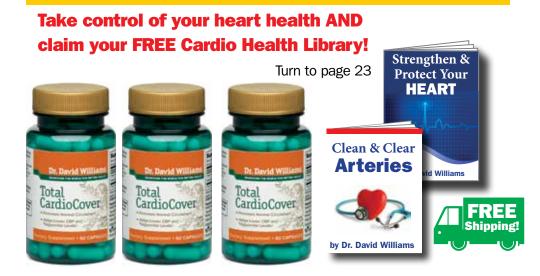
And NSK-SD nattokinase can support healthy blood vessel walls, enhance function, and make sure your heart doesn't have to work any harder than it needs to.

Best of all, this incredible discovery costs less than you'd spend on a daily apple!

Forget the expense of copays and fistfuls of pills...forget spending time waiting for a doctor's appointment or sitting around his office.

For less than the cost of a daily apple, you can spend your days enjoying the sun...spending time with friends...family...taking vacations.

All with the confidence of knowing your cholesterol, blood pressure, and circulatory health are in perfect order!



Nature's perfect pair delivers outstanding heart health, increased energy, and the lab results that'll...

Have your doctor offering YOU a job!

gave up a thriving, alternative medical I practice in 1985, and I've since devoted my career to scouring the most remote corners of the globe looking for safe, natural alternatives that work.

I don't read about these places in books or magazines, I travel to faraway locations—I meet with local healers and explore their natural history.

Then I put these traditional therapies to the tests of modern science. Discarding anything that doesn't stand up to the rigors of the scientific method, my standards for purity and potency, and anything I'd classify as just plain junk.



Is GREAT!

"My blood pressure is great! I like Total CardioCover and will continue to use it. ""

—Thelma W., GA

*Results may vary.

This two-nutrient duo is the real deal...I'll stake your trust and my reputation on it!

And in just another moment, I'll tell you how I've combined them into what I believe is the most comprehensive natural heart health solution available today.

A safe, natural and affordable way to help ensure...

- Well-balanced blood pressure levels...
- Outstanding circulatory health...
- Healthy cholesterol levels...
- High HDL...low LDL and triglycerides...
- Reduced inflammation markers... and more!

- ✓ It's completely natural...
- ✓ It more versatile than fish oil...
- ✓ It delivers more benefits than CoQ1 0...
- ✓ It's unbelievably affordable...
- ✓ Chances are your doctor's never even heard of it...

I'll also tell you about my Fire Your Doctor in 90 Days or Less guarantee!

But indulge me for just another minute and turn the page so I can tell you about...

The most remarkable circulatory protection your heart will ever need

Safe, natural, centuries-old blood-thinning food ensures healthy clotting action

This just might be the most exciting property of NSK-SD nattokinase **L** and one of the biggest reasons I've included it in the most comprehensive heart formula I've ever developed.

NSK-SD promotes healthy clotting. Yet it has absolutely no impact on your body's ability to heal cuts and injuries!

Healthy circulation hinges on a healthy balance of two chemicals in your blood. Fibrin causes clots to form and plasmin dissolves them.

When you injure yourself, your brain sends fibrin to the site of the injury. It creates a fiber-like "net" to hold blood vessels in place—stopping the bleeding and allowing your skin to heal.

Once healed, your brain sends plasmin to dissolve the clot, and circulation in that area returns to normal.



Improved circulation!

"Both my wife and I have noticed improved circulation to our hands and feet. My wife is always cold in the winter so she's looking forward to a winter without cold hands and feet! ""

-Eugene P., WY

Results may vary.





This miracle food promotes healthy clotting just like your body's natural plasmin!

And it's a good thing too, because as we age, natural decreases in plasmin levels hinder your body's ability to dissolve clots naturally.

Exposure to toxins, illness, and other stressors drive down plasmin levels as well. That can mean real trouble for your circulatory health.

But NSK-SD nattokinase is actually just as effective as your body's natural plasmin!

So why has this 33-year-old circulatory miracle remained a secret?!

In 1980, Dr. Hiroyuki Sumi tested 173 different foods before discovering natto's remarkable ability to dissolve experimentally produced blood clots in test tubes.

That means the world has had access to this wonderfully effective natural solution for over 30 years...NSK-SD nattokinase was perfected about 10 years ago...and I'd bet your doctor's never even heard of it.

Unless, of course, he's been reading my newsletter, Alternatives.

I started writing about natto a decade ago, and as the research continues to unearth the many benefits of this extraordinary substance, I continue to revisit the



Completely Normal!

"...my blood tests again show a 'perfect' picture on my cholesterol...and my blood pressure is completely normal."*

*Results may vary.

-Karl K., KY

topic—keeping thousands of readers up to date on where to get it, how to use it, and the countless benefits that they can expect in as little as a few weeks.

Don't get me wrong. I'm sure your doctor has your best interests in mind.

But most mainstream doctors are trained to medicate first, ask questions later. That means novel, effective, natural approaches like NSK-SD nattokinase and AmlaMax are often overlooked.

Well, now you can tell him that there are studies showing how this two-nutrient combination can...

- Improve blood flow and circulation...
- Balance blood pressure levels...

In as little as 90 davs!

- Boost HDL by 16%...and drop LDL by 10% ...
- Improve triglycerides by up to 39%...

Guaranteed to work without any known side effects and at a price that couldn't be more affordable!

You just need to know where to look for it...and you don't need to look any further.

Double your heart protecting efforts!

Healthy foods and herbs are critical to supporting a healthy cardiovascular system. Along with your daily serving of **Total CardioCover**, these foods deliver the nutrition your body needs for optimal heart health.

Boost your circulatory health with:

- Colorful fruits
- Colorful vegetables
- Fish

- Garlic
- Citrus

Berries

- Tomatoes
- Azuki beans
- Red wine

Tea

- Dark chocolate
- Walnuts

Then conquer your cholesterol, control your blood pressure, reign in inflammation, and enjoy the peace of mind that comes from adding **Total CardioCover** to your daily regimen!

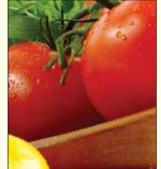
If your doctor isn't astounded with your next set of lab results, simply send it back for a full refund.

Take control of your heart health today. Turn to page 23 to order your risk-free supply of *Total CardioCover*. Or for even faster service, call 1-800-361-9525. Order now!









Introducing Total CardioCover

The single-most comprehensive natural heart health solution available today

Total CardioCover is the natural heart health solution that's actually doing your doctor's work for him! Just watch his face next time he looks at your lab work.

Why? Because:

- It's completely natural...
- It's more versatile than fish oil...
- It delivers more benefits than CoQ10...
- It's unbelievably affordable...

In fact, it costs less than an apple a day (and it may be just as effective for "keeping the doctor away").



Turn to page 23 to order!

And chances are your doctor's never even heard of it

Nowhere else in the world will you find this combination of exclusive, proprietary, high-potency nutrients.

AmlaMax: Among the purest standardized extract of *vanya*, the only variety of Indian gooseberry, harvested by hand, only two months out of the year and hardy enough to grow on the tallest branches of the amla tree in the unforgiving mountains of India.

I've scoured the planet looking for a solution that even comes close. AmlaMax is the only one that can:

- Drop LDL by 10%...AND...
- Boost HDL by 16%...AND...
- In as little as 90 days!
- Reduce triglycerides by 39%...AND...
- Improve HDL to total cholesterol ratios ...

All the fish oil in the world can't measure up to the power of AmlaMax...but I didn't stop there...

NSK-SD nattokinase: Derived from a 1,000-year-old traditional Japanese breakfast food, NSK-SD nattokinase is made from non-GMO soybeans fermented with a well-guarded, proprietary form of bacteria.

Backed by 23 studies, human clinical, safety studies, and even detailed cellular analysis, NSK-SD is the single-most potent and well-researched form of nattokinase in the world. Guaranteed to help:

• Improve circulation...AND...

(continued, page 16)



Keep up the good work!

44 I have been taking Total CardioCover for several years. My C-reactive protein and my triglyceride numbers are normal. Keep up the good work! 77

—David A., RI

*Results may vary.

- Balance blood pressure levels...AND...
- Restore blood vessel strength and flexibility...AND...
- Thin blood safely and naturally...AND...
- Promote healthy clotting activity...

Without a single known negative side effect, you get both of these nutrients in the exact dosages used in the most successful human clinical studies.

And they're backed by my Fire Your Doctor in 90 days or Less guarantee!

Just pennies a day could offer you freedom and peace of mind...While saving you thousands of dollars!

A month's supply of high-quality fish oil could run you \$25 to \$35...but it does very little to raise healthy HDL.

A month's supply of CoQ10 goes for \$30 to \$50...but doesn't have the clot-busting power of NSK-SD nattokinase.

Plus, copays for doctor visits...taking time out of your day...never mind the expense of the mainstream solutions suggested once you finally get in to see your doctor.

But just two tiny *Total CardioCover* capsules a day...for less than a dollar a day...can replace all of that with...

The freedom to take control of your heart health and live life on your terms!

But it *still* gets better...



But that's still not all...

Total CardioCover has amazing anti-inflammatory properties as well!

Inflammation is a healthy, natural reaction to injury. But when it comes to Lyour health, especially heart health, it's important to keep inflammation in check.

Most people think of inflammation as a painful, troublesome joint problem. But inflammation can happen anywhere in your body...and maintaining a healthy inflammatory response is crucial to long-term cardiovascular health.

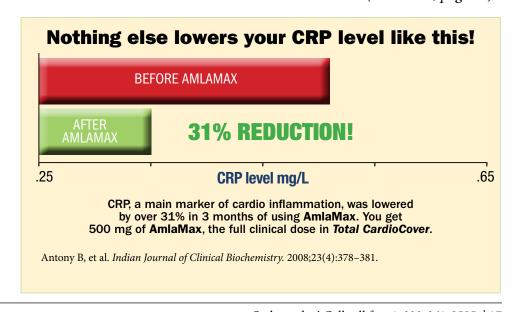
Inflammation marker reduced by over 31%

Inflammation can be measured by levels of a blood chemical called C-reactive protein (CRP). And in a double-blind, placebo-controlled study, AmlaMax came to the rescue—reducing CRP by over 31%.

I am still shocked by the many wonders of this tiny berry's extract!

Plus, its powerful antioxidant properties help reduce free-radical damage and premature aging—ensuring your entire cardiovascular system is in tip-top shape for years to come!

Just think about how many bottles of pills you'd have to stockpile to even come close to the powerful benefits packed into each daily serving of Total CardioCover! (continued, page 18)



And if you're ready to take control of your heart health now, you can put Total CardioCover to work absolutely RISK FREE!

But first I want to be sure that there's nothing stopping you from putting *Total CardioCover* to the test.

So I've put together an ironclad guarantee that protects you from risking a single penny.

Take advantage of my 100% RISK-FREE Fire Your Doctor in 90 days or Less Guarantee

Don't misunderstand me...I would never recommend that you disregard your doctor's advice.

But there are a lot of ways to achieve your health and wellness goals, and, in as little as 90 days, your doctor just might shake your hand and congratulate you on your newfound health.

Because I guarantee that the ingredients in Total CardioCover are all you'll ever need to ensure:

- Balanced blood pressure levels...
- Improved circulatory health...
- Healthy clotting activity...
- Optimal cholesterol levels...
- High HDL...low LDL and triglycerides...
- Reduced inflammation markers...
- Antioxidant protection for your entire cardiovascular system...and more!

More importantly, Total CardioCover can mean fewer trips to the doctor's office, fewer pills, fewer worries, and more time...

- On the dance floor...
- In the garden...
- On the golf course...
- Traveling with your spouse...
- Playing with your kids (or grandkids)...

But if Total CardioCover doesn't live up to your every expectation... if your doctor isn't blown away by your next round of blood work...

If you're not convinced that *Total CardioCover* lives up to every promise I've made in this letter, send it back within the next 90 days, and I'll refund every penny...and shipping is free!

You risk nothing!

But give me one more moment and I'll give you details that will make this opportunity just a little sweeter.

Claim your FREE Cardio Health Library

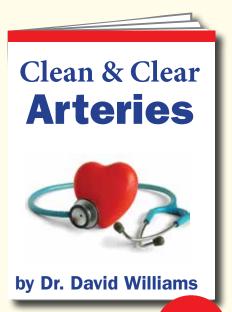
When you order your RISK-FREE supply of **Total CardioCover today**

FREE REPORT #1:

Clean & Clear Arteries

If you want to maintain optimal cardiovascular health, one of the most important things you can do is make sure that your arteries are healthy and clear.

Beyond the typical mainstream solutions and roto-rootering procedures, there are plenty of safe, simple, natural ways to ensure healthy circulation.



In this FREE report you'll learn:

\$19.95 Value!

- Why eating eggs can actually lower cholesterol
- The spicy, pungent veggie that can raise HDL by 30%
- The difference between good fats, bad fats, and GREAT fats
- The most heart-healthy oil for cooking and baking (it's not olive!)
- The truth about exercise and why walking beats running

Plus dozens of other tips, tricks, and insights—many of them free—that can tune up your entire cardiovascular system.

This report retails for \$19.95, but it's yours FREE when you order Total CardioCover today!

Turn the page to see your additional FREE Gift when you respond today...

FREE REPORT #2:

Strengthen & Protect Your Heart

It's no secret that many aspects of today's lifestyle choices can have a negative impact on your cardiovascular system. Fortunately, there are inexpensive, easy-to-use therapies that can actually strengthen and repair your heart.

by Dr. David Williams That's why this is a perfect reference guide for you or someone you love who has a heart problem...or even for those who simply want to ensure a lifetime of heart health.

This FREE report will detail:

- How you can end angina pain in 14 days or less
- The safe, simple, FREE technique for dramatically lowering heart attack risk

Strengthen &

Protect Your

HEART

\$19.95

Value!

- A minor change in breathing patterns that can reverse high blood pressure
- A luxurious and relaxing way to boost circulation
- Five simple steps to dissolving stress naturally

Plus, dietary insights, lifestyle tips, and a simple solution for overcoming irregular heartbeat. All without breaking the bank or waiting for a doctor's appointment.

This report retails for \$19.95, but it's yours FREE when you order Total CardioCover today!

The complete Cardio Health Library, a \$39.90 value, is yours FREE when you order Total CardioCover today!

You have nothing at all to lose! Order Total CardioCover today... take control of your heart health and...

Take a trip with your family... instead of a trip to the doctor's office!

Total CardioCover addresses every major facet of heart health under the sun.

No other natural solution comes close to the power, potency, broad-ranging benefits, and guaranteed results of Total CardioCover.

So why wait? Take control of your heart health. Put Nature's two most powerful nutrients to work today—try Total CardioCover RISK FREE for the next 90 days.

If you're not 100% convinced that it's the best decision you've ever made for your heart, send it back. We'll issue a prompt and courteous refund, no questions asked.

The Cardio Health Library is yours to keep with my compliments, just for trying Total CardioCover.

Don't even put this letter down. Pick up the phone, dial toll free 1-800-361-9525 and order Total CardioCover now.

Yours in exceptional heart health,

Dr. David Williams

P.S. No other natural solution comes close to the power, potency and effectiveness of *Total CardioCover*. Order today and claim your FREE Cardio Health Library and save over \$84 on *Total CardioCover*. Remember, your

satisfaction is unconditionally guaranteed. If you're not blown away by your next round of lab results, simply call for a full refund of every penny. You risk nothing—so order now!



Turn the page to take advantage of this great offer...

Take Control of Your Heart Health Today!

The BEST DEAL:

Save over \$84 and get...

A three-month supply of Total CardioCover!

The Cardio Health Library—FREE!

FREE Shipping when you reply in 7 days!





Get Me Started:

Save over \$31 and get...

A one-month supply of Total CardioCover!

One FREE Report!

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100% RISK-FREE Guarantee

- ▶ If *Total CardioCover* doesn't live up to your every expectation...
- If your doctor isn't blown away by your next round of blood work...
- ▶ If you're not convinced that *Total CardioCover* lives up to every promise I've made in this letter, send it back within the next 90 days and I'll refund every penny—you risk nothing. So order now!

Thousands of heart patients, across the country, are saying goodbye to their doctor...and you can be one of them!

Order now for special savings and limited time offers!

old want to take control of my heart health. Lo! I want the freedom to enjoy life without worrying about cholesterol, blood pressure, circulation, inflammation, and more. I want to send my doctor on a permanent vacation and live with the peace of mind that comes from knowing I am doing something great for my heart—a safe, natural, effective, and affordable way to ensure a lifetime of heart health.

And I'm ordering with confidence because I am protected by your 100% RISK-FREE Fire Your Doctor in 90 days or Less Guarantee!

BEST DEAL! Save over \$84 on a three-month supply of *Total* CardioCover and claim your Cardio Health Library: Clean & Clear Arteries and Strengthen & Protect Your Heart, a \$39.90 value, absolutely FREE! You pay just \$104.97 \$67.48. (Item #TCC30)

GET ME STARTED! Save over \$31 on a one-month supply of **Total CardioCover** and claim your FREE copy of Clean & Clear Arteries, a \$19.95 value, absolutely FREE! You pay just \$34,99 \$29.99. (Item #TCC13)

☐ I'm responding within 7 days so please give me FREE SHIPPING!

METHOD OF PAYMENT:

Please charge my :	□ VISA	MasterCard	AMERICAN EXCRESS	DISC VER HITWOIL
Card #:Exp.				/
Signature:				
Phone: ()			(optiona

☐ Check or Money Order (payable to Healthy Directions, IN residents add 7% sales tax, KY residents add 6% sales tax, NC residents add 6.75% sales tax.)

No need to write your name and address! Just check the back cover to see if your name and address is correct. If not, please correct and mail in the envelope provided to: Dr. David Williams, 95 Old Shoals Rd., Arden, NC 28704. Thank you!

Prices valid through July 22, 2013 May not be combined with any other offers.







For fastest delivery of Total CardioCover and to guarantee FREE shipping, call toll free

-800-361-9

24 hours a day, 7 days a week. Our friendly, can process your order and answer your questions!

SUSTOMER ID NUMBER

"This is truly the first real heart health breakthrough of the 21st Century.

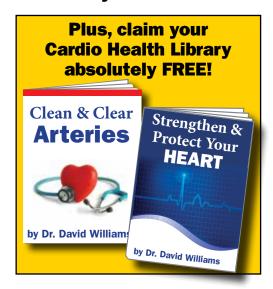
—Dr. David Williams

nardiologists across the patients with optimal cholesterol, balanced blood pressure, exceptional circulation, and more.

This powerful, exclusive, heart-protecting solution will amaze you too, because:

- ✓ It's not a drug...
- ✓ It's more powerful than fish oil...
- ✓ It's more versatile than CoQ10...
- ✓ It's unbelievably affordable...
- ✓ Chances are your doctor's never even heard of it...

See inside now and learn how you can fire your doctor!



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