

"We've Got Life!"™

Vitality

Lifelines

An Educational Publication-

Exclusively For Members of the Vitality Family

February 2001

- **Every 34 seconds, someone will die from heart disease.**
- **8 out of 10 people will die from a Heart Attack, Stroke or Cancer.**

Heart disease alone will account for 40% of all deaths. Recent scientific discoveries show how *heart disease really develops* and *how you can prevent and even reverse the deadly disease!*

Heart Attacks, Strokes and Cancer

These 3 deadly diseases account for 85% of all deaths by disease every year!

Currently there is no drug or medicine that will cure these diseases and many medical scientists have come to the conclusion that the only reasonable solution to these diseases is to prevent them.

After examining the human diet for the past 30 years, scientists began to notice that the death rates from these diseases were the highest among the populations of the world that consumed the highest amount of animal fats per capita.

The Source of Heart Disease and Strokes

Scientists also noted from their research that there is a biochemical pathway known as the *cyclo-oxygenase pathway* that actually transforms animal fat (arachidonic acid) into leukotrienes and thromboxane A-2. Both of these blood chemicals are *dangerous free radicals* that are highly inflammatory to your blood vessel linings and can lead to the development of plaque (heart disease) as well as promote the clumping of blood platelets that leads to blood clots (strokes).

“Inflammation of the blood vessels led to Heart Attacks, while the clumping of the blood platelets led to Strokes.”

The natural conclusion was that the increase in animal fats must be what led to the formation of these deadly blood chemicals, which further led to heart attacks and strokes. That is why you see so much attention being paid to encourage you to reduce the amount of fat in your diet.

The French Paradox - *It Just Didn't Make Sense*

Oddly enough, while many of these medical scientists thought that reducing the fat intake and increasing the carbohydrate intake in your diet would greatly reduce your risk of heart attack and stroke, the rates of obesity, heart attacks, strokes and cancer continued to increase.

After reexamining their data, these scientists noted that the French people ignored their advice and continued to consume large quantities of animal fat and very little carbohydrates, yet their rates of the three deadly diseases remained remarkably low. It just didn't add up. This became known as the “French Paradox.” It just couldn't be explained. *Or could it?*



As scientists examined the diets of the French people more closely, they noted that the French drank a much larger amount of red wine than the North Americans. Their first thought was

that the alcohol in the blood might account for the significant health benefits. They knew that ethanol (a form of alcohol) did reduce the tendency of blood platelets to clump.

Even though the ethanol did provide this benefit, it only lasted while the alcohol was in the blood and it lost its benefit as the amount of alcohol in the blood increased. The French people however did not require continual consumption of red wine to enjoy the health benefits.

An Exciting Discovery!

Scientists soon discovered small amounts of several beneficial chemicals in the red wine including tannins, quercetin, oligo proantho cyanidin, catechin and epicatechin. Yet none of these beneficial chemicals was able to prevent the inflammation of the blood vessels and the platelets from clumping, until they discovered something called *Resveratrol*.

Resveratrol is a naturally occurring substance found in grapes and grape seeds. It was soon discovered that Resveratrol worked its protective wonders by preventing the cyclo-oxygenase pathway from converting animal fats into harmful leukotrienes and thromboxane A-2. Instead, Resveratrol actually increased the output of beneficial and protective biochemicals!

We know that this same pathway that produces the harmful biochemicals, can also produce the beneficial biochemicals and that Resveratrol works its wonders by increasing the production of these beneficial biochemicals.

Resveratrol and Cancer Cells

Not only is Resveratrol beneficial in your bloodstream, it has also been found by the National Institute of Health to be the most effective plant-based biochemical for the protection of cells and tissues against their transformation into cancer!

In animal experiments, researchers found that Resveratrol was effective at halting the development of cancer in all three stages! These researchers gave laboratory mice a potent cancer-causing chemical and the mice developed an average of three mammary tumors each. When these same researchers gave other mice this powerful cancer-causing chemical as well as Resveratrol, there was a reduction of development of tumors! *How much of a reduction?*

A shocking 98% reduction in tumor formation in the mice that were given an adequate amount of Resveratrol. These researchers also found that their success was very much dose dependent. In other words, the more Resveratrol they gave the mice the better the results all the way up to 98% success rate!

Repairing and Reversing Heart Disease

Resveratrol is a very beneficial nutrient that your body can use to prevent the conversion of animal fats into harmful chemicals that can cause heart disease and strokes, and it is very beneficial for the protection of your cells from becoming cancerous cells. *But what else can you do if you already have heart disease?*

Recent scientific research has shown that **heart disease actually starts with a weakening, or lack of sufficient collagen to line your blood vessels.**

Full Circulation, the Way it is Supposed to Be

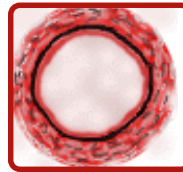


Illustration #1
A Normal Artery

Illustration #1 shows what your normal and healthy arteries should look like. Notice that the artery has no plaque build-up.

The artery is surrounded by a layer of collagen which prevents the arteries from rupturing as they contract and expand constantly. Surrounding the protective collagen layer is muscle tissue that contracts and expands to help boost the circulation of your blood through these arteries and veins.

Developing Heart Disease

If your body converts animal fats into harmful leukotrienes or thromboxane A -2, these highly inflammatory chemicals will attack your protective collagen layer and eventually your arteries causing lesions in your arterial walls.

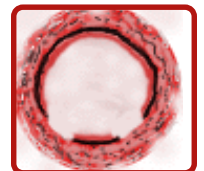


Illustration #2
Lesion damage due to a lack of sufficient collagen

Your immune system then seals these lesions with a plaque that is formed from lipoprotein (a) which is a "sticky" variant of the bad cholesterol - LDL cholesterol.

Heart Disease, a Natural Healing Process



Illustration #3
Plaque restricted artery
HEART DISEASE.

Every time your body seals these tiny ruptures in your arteries and veins, it restricts the passage of your blood flow as plaque builds up where the lesions were. You now have the beginning of heart disease and plaque build up.

The Reason for a Lack of Collagen is Also Discovered

Through the use of Guinea pigs, scientists discovered that ***a lack of collagen is actually a lack of enough vitamin C in the diet.*** Your body uses vitamin C to manufacture collagen.

When they reduced the vitamin C intake for Guinea pigs to the U.S. RDA level (*adjusted for body weight*), these previously healthy Guinea pigs developed atherosclerosis - **Heart Disease.**

Over time, the lack of enough vitamin C led to insufficient collagen production in the Guinea pigs, which weakened the blood vessels and caused the lesions that eventually led to heart disease. Scientists also found that the heart disease that they were able to induce in the Guinea pigs was very similar to heart disease found in humans.

Vitamin C is very important to humans for so many reasons including the production of protective collagen. Unfortunately the human being is one of the very few animals in the world that do not have the ability to manufacture vitamin C internally. Your entire vitamin C exposure is coming from your diet.

While the RDA (*Recommended Daily Allowance*) of vitamin C as established by the U.S. Government is only 60 mg per day, if you were able to manufacture vitamin C in the same ratio as a pig or a cow, the average man would manufacture around 3,750 mg per day! *Is it any wonder why heart disease is the number one killer?*

Without taking a vitamin C supplement on a daily basis, it would be extremely difficult if not impossible for you to eat enough foods that could give you 3,750 mg of vitamin C each day. The U.S. Government estimates that the average person gets less than 60 mg of vitamin C each day.

Reversing the Damages of Heart Disease

The scientists did not stop their research once they found the true cause of heart disease. They went further and decided that if they could induce heart disease by restricting the vitamin C intake to the equivalent of the US RDA, *could he also reverse the damage that had already been done?*

YES! Once they gave the Guinea pigs enough vitamin C, L-Lysine and L-Proline, they were able to actually reverse the damage that was done to the Guinea pigs arteries from the induced heart disease.

Cholesterol Gets All the Blame

Prior to these recent discoveries, you were being told that elevated cholesterol levels were the source of heart disease.

Yes LDL (low density lipoprotein) cholesterol is a bad form of cholesterol, yet HDL (high density lipoprotein) cholesterol is considered a beneficial form of cholesterol. That's because your body uses LDL cholesterol to fill in those lesions in your blood vessels. This is plaque. This is what restricts your blood flow and can lead to heart attacks.

On the other hand with the proper amount of collagen and the prevention of the true culprits- leukotrine and thromboxane A-2 blood chemicals, there probably never would be any lesion to fill for plaque to form in the first place.

Both HDL and LDL forms of cholesterol are required by your body. They work in harmony to keep you healthy. While a total cholesterol reading of above 240 is considered high, an HDL reading above 70 may actually protect you from heart disease and here is how:

LDL is heavily laden with cholesterol because it is the vehicle by which your liver transports cholesterol to various parts of your body where your cells pick up what they need and use it as needed. The excess LDL cholesterol circulates in your blood stream where HDL cholesterol, which is very light in cholesterol content, is supposed to pick up the excess LDL cholesterol in

your blood and transport it back to your liver for future use when needed. This is why the proper balance of HDL to LDL cholesterol levels is very important.

Where all the Cholesterol is Coming From

80% of the total cholesterol in your body is actually being manufactured by your liver. The other 20% is coming from your diet. What you eat however has a tremendous bearing on how much cholesterol your liver manufactures.

The Secret to Lowering Your High Cholesterol

Since your liver manufactures 80% of your total cholesterol, it would be helpful to know what the liver uses as the raw material. Surprisingly, it is not the fat in your diet, but it is manufactured from high blood glucose. The more extra blood glucose, the higher the level of your cholesterol, especially the most undesirable form- LDL cholesterol.

High blood glucose is commonly referred to as *high blood sugar*. As this condition progresses everyone knows it as *diabetes*. High blood glucose problems are almost entirely diet related problems. Each time you consume simple carbohydrate "*junk foods*," (see illustration #5) they are very quickly converted into glucose and flood your blood stream with high blood sugar levels. Your pancreas immediately recognizes the danger of high blood sugar levels and it releases large amounts of the hormone- *insulin* which serves to lower these dangerously high blood sugar levels. At least for a time.

If you continue to eat these junk foods that dramatically raise your blood glucose levels, even though your pancreas releases its insulin to lower the blood sugar levels, your cells become less efficient at taking up the insulin / glucose molecules and they remain in your blood stream. This means you have high blood sugar levels, **this is diabetes.**

Diabetes is almost never a case of the pancreas not manufacturing enough insulin, but rather a case of your cells not being able to take it up and pull the glucose out of your blood stream. The longer your cells are continually exposed to high blood sugar and insulin levels, the less receptive they become and the more severe is your diabetes.

Dietary Fat is *Not Optional*, **IT'S ESSENTIAL !**

Contrary to popular opinion, you need fats in your diet to provide important fatty acids, also called lipids. These fatty acids (lipids) are essential to your good health and are used as:

- ✓ **The primary source of fuel energy for your heart to operate on!**
- ✓ **Important structural components for your brain and joints!**
- ✓ **Raw material that your body manufactures important hormones from!**
- ✓ **Important nerve pulse transmitters needed for a healthy and normal functioning nervous system!**

Fatty acids derived from your dietary fat are absolutely essential. They are the most efficient source of energy for your body. Unfortunately for most Americans, well over 50% of their daily caloric intake is coming from fats. This is too much fat and should be somewhere around 30% for optimum health.

Different Kinds of Fats

A saturated fat means that it is a fat molecule that contains all the hydrogen atoms it is capable of holding. An unsaturated fat is therefore any fat that is not saturated to its capacity with hydrogen atoms. Saturated fats are the safest form of fat you can consume because they do not oxidize and develop into harmful free radicals like the unsaturated fats do. These dangerous excess free radicals are what attack and weaken your collagen and arterial walls thus causing heart disease. (*Leukotrienes and Thromboxane A-2 are also free radicals*)

Saturated fats are naturally occurring and frequently found in foods like beef, chicken, fish, poultry, dairy products, butter, cheese and so on.

Unsaturated fats are very dangerous because these fats can easily attract oxygen molecules from your blood stream and quickly be converted into a destructive and deadly free radical. The very worst form of unsaturated fat you can consume is anything with "*hydrogenated vegetable oil*" or even just *vegetable oil.*" in it.

Common foods that contain these dangerous unsaturated fats include *margarine, potato chips, shortening, corn oil, candy bars, imitation whipping cream* and other sources too numerous to mention. Watch your ingredients labels for anything that contains unsaturated fats and hydrogenated vegetable oils!

High Triglycerides = Heart Disease and Heart Attacks!

Research is beginning to prove that the most probable sign of whether or not you are likely to have a heart attack is not necessarily high cholesterol levels, but high triglyceride levels in your blood. An astonishing fact is that half of those who die from a heart attack or stroke have normal cholesterol levels. This is because in addition to getting rid of excess glucose by making cholesterol, your liver has another favorite method, it turns it into fatty acids in your blood stream. Your liver can then combine 3 of these fatty acids together and you now have a triglyceride. Triglycerides are also known as "blood fats."



At first your body will try and get rid of this triglyceride by storing it as body fat. Over time however, your body can not store it as fast as it is being produced and your blood triglyceride levels will rise higher and higher. There is a grave danger here, because it is now scientifically acknowledged that high blood triglyceride levels are a far more accurate predictor of pending heart attacks and strokes than your cholesterol level.

The best way to lower triglyceride levels is to get your blood sugar levels under control. Remember, your liver manufactures triglycerides from excess blood sugar. Your liver also manufactures cholesterol from excess blood sugar as well! **Get those simple carbohydrates and sugars out of your diet and watch your triglyceride and high cholesterol levels drop.**

Once you have your proper diet in order, it's time to consider giving your liver the nutritional support it needs to function properly. Interestingly enough supplementing with vitamin C is extremely beneficial for your liver as it is used by your liver to control cholesterol production. Anything you do to help your liver, will directly help you in your fight for lowering cholesterol. To give your liver the very best support you may want to consider using #3055 Complete Liver Support Package formulated by Dr. Preston and available only from Vitality.

If you have concerns about high cholesterol levels, high triglyceride levels or heart disease, we suggest the following:

1. Get your diet in order- No more sugar and try and restrict or better yet eliminate all simple carbohydrates/ starches. Remember that flour is pure starch, and starch is just a stabilized sugar in a plant storage form. Flour is converted to blood glucose very quickly just as sugar is.

2. Exercise regularly as this helps your body to burn up excessive blood glucose for energy. If you already have heart disease problems, you should check with your doctor before you begin any exercise program. Do not overexercise.

3. Use the #3053 Heart and Circulation Package on a daily basis to insure that you are getting all the important proven nutrients that your body needs to build good health. It contains all the nutrients in the right amounts to get results fast. See the special offer on page 6 and find out how you can get your #3053 Complete Heart and Circulation Package formulated by Dr. Robert Preston ND on sale now!

Save yourself over \$42.00 !

Illustration #5

FOODS YOU MUST AVOID

- ◆ **All Vegetable Oils - Pure and Hydrogenated** - quickest way to clog your arteries and it is carcinogenic!
- ◆ **Sugar**- raises blood sugar (glucose) levels which ultimately increases dangerous triglycerides and cholesterol.
- ◆ **Coffee**- avoid all stimulants. Raises triglyceride and cholesterol levels.
- ◆ **Potato chips**- Full of hydrogenated vegetable oils and starches. Has no nutritional value. Converts quickly into glucose which raises your blood sugar levels.
- ◆ **Processed /Bleached Flour Products- Pure Starch!** Most of the nutritional value has been lost in the milling process. Converts quickly to glucose and dramatically raises your blood sugar levels.
- ◆ **Alcohol**- Raises blood sugar levels quickly which may increase dangerous triglyceride levels, not to mention the damage it does to your liver.

Illustration #6

FOODS YOU SHOULD CONSUME

- ◆ **Vegetables**- eat them all cooked or raw.
 - ◆ **Beef, Chicken, Turkey, Fish** - excellent sources of protein and saturated fats.
 - ◆ **Olive Oil, Coconut Oil, Butter**- all good sources for oils. Coconut oil is actually nutritious and good for your thyroid gland!
 - ◆ **Whole Grain Breads and Cereals**
 - ◆ **Green Tea, Black Tea** - rich in beneficial antioxidants that protect you.
 - ◆ **Fruit**- *Sparingly*- use as your "dessert" when necessary. Fruit contains natural sugars "fructose" which will also raise blood glucose levels although not nearly as fast as regular sucrose (table sugar).
- *Try mixing your fruit with "real cream" for a tasty treat and more importantly, the real cream will greatly slow down the conversion of fruit sugars into glucose which helps to keep your blood sugar levels under control.

WHAT MAY BE THE SINGLE MOST SIGNIFICANT CAUSE OF HEART ATTACKS

Condensed from "What may Be the Single Most Significant Cause of Heart Attacks" by Dr. Robert Preston ND. You can read and print the entire report for no charge by going to the IINR web site. See page 7 for details.

Although all the media and public attention has been focused on high cholesterol levels as the major villain in causing heart attacks, overwhelming scientific evidence is pointing in an entirely different direction.

Early on in the investigation of the relationship between heart attacks and diet it was found that heart attacks were highest in nations with high meat consumption. In addition, half of those heart attack victims had higher than normal levels of cholesterol or triglycerides. From this, it was falsely concluded that it must be the high consumption of meat with all of its saturated fat that was causing the elevated cholesterol or triglycerides, which in turn resulted in heart attacks.

To test this conclusion, a large group of people were placed on diets low in meat and animal fat, and sure enough, the number of heart attacks in this group dropped. That seemed to prove the cause and effect relationship between animal fat, meat and heart attacks. The medical profession and the media have spread the word ever since that this was the "smoking gun".

Unfortunately, there was actually something entirely different going on, and science has gone on to conclusively prove that animal meat, including its fat and cholesterol DO NOT cause heart attacks. Furthermore, we now know what the real cause is. Tragically, the total commitment of the medical profession and the media to the cholesterol theory has caused them to turn a blind eye to the real truth. The result of this unfortunate event has allowed the death rate from heart attacks to soar and remain the number one killer in America.

Now, it is time for you to learn the truth! Truth that can save your life and the life of a loved one, if they will listen. Animal meat contains more high quality nutrition per ounce than almost any other food. The most important of these is a lot of protein, which makes up most of your own body, its enzymes, blood cells, hormones, neurotransmitters and muscles. Upon digestion this protein is broken down into individual essential (meaning you can't live healthily without them being supplied by your diet) amino acids.

A major portion of those meat derived amino acids is one called L-Methionine that is converted by the body into many other amino acids and important protein structures. During this conversion process methionine goes through a whole series of steps changing from one thing to another. At one point it changes into an amino acid known as **homocysteine**.

It is very important that you understand two things about homocysteine.

First, is the fact that except that it serves as a stepping stone on the way to becoming something else, the body has absolutely no other need for this amino acid. Second, homocysteine is a very powerful and destructive free radical that is extremely damaging to LDL cholesterol converting it to a free radical, and it also directly

see "homocysteine" continued on page 7



#3053 Heart and Circulation Complete Health Package

#1008 Angio Support

L-Lysine- An important amino acid that Lipoprotein (a) binds to. Increasing your L-Lysine intake helps to significantly reduce the amount of Lipoprotein (a) available to be used to clog your arteries.

L- Proline- An important amino acid that is a major component of the collagen lining of your arteries and is required by your body to protect healthy arterial walls and to repair lesions.

Vitamin C - not just vitamin C, but the much better utilized and more effective form featuring potassium and magnesium ascorbates. This high potency special form of vitamin C is designed to be used by your body to help your liver regulate cholesterol levels, manufacture adequate collagen to protect your arterial walls and keep them pliable and flexible to prevent ruptures and the creation of lesions.



#104 OPC 2000

OPC- The most powerful free radical neutralizer known. OPC is also very good at extending the benefits of vitamin C.
Resveratrol- Cell protector and used to prevent the formation of dangerous blood chemicals

#3021 Ascorba Gram (90 Capsules)

Over 10 different mineral ascorbates specially formulated to transport the vitamin C to your cells for use. Unique ascorbate forms greatly increase your body's ability to assimilate and utilize high amounts of vitamin C.

SUGGESTED USE	First 60 days	Maintenance dose
#1008 Angio Support	3 capsules 3 times daily	2 capsules 3 times daily
# 104 OPC 2000	3 capsules 3 times daily	2 capsules 3 times daily
#3021 Ascorba Gram	2 capsules 3 times daily	2 capsules 2 times daily

#1008 Angio Support (180 capsules) \$ 41.00

#104 OPC 2000 with Resveratrol (180 capsules) \$ 87.30

#3021 Ascorba Gram (90 capsules) \$ 22.25

Suggested Retail Total \$150.55

SPECIAL PACKAGE PRICE ONLY----- \$ 108.40!



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“Homocysteine, continued from page 5

damages the lining of the blood vessels causing plaques to form that cause heart attacks.

No one knew any of this until twin girls were born with a tragic genetic defect that did not allow them to convert the homocysteine into something useful. At an early age they developed atherosclerosis with blood vessels heavily lined with plaque. Which then led to a heart attack and death for each of them while still in their teens. The only thing that was different about these girls from normal teens, was a higher than normal level of homocysteine in their blood.

Of course you are thinking that since you do not have this genetic defect, you are safe. Well, that is exactly what the scientists thought - at first!

Then some scientists began to wonder if the blood level of homocysteine was also higher in those who had heart attacks, than it was in normal people. They were shocked and amazed at what they found!

ALL those who had heart attacks ALWAYS had at least a slightly higher level of homocysteine in their blood than people who had no evidence of heart or vascular disease.

This was the single most significant discovery in the history of studying heart attacks! This is because in all other risk factors which had been identified, there were always at least half of those who died of heart attacks who had normal levels of the so-called risk factors.

The question which next occupied the attention of scientists pursuing this line of investigation was “why”. Why did heart attack victims have higher levels of homocysteine in their blood than healthy people? One of the first clues appeared as early as 1951 when scientists discovered that when rhesus monkeys were made deficient in vitamin B-6 they quickly developed arterial plaques even though their cholesterol level was perfectly normal. Even when fed enough cholesterol producing foods to raise blood cholesterol to 4 times normal, as long as there was no vitamin B-6 deficiency, incredibly, no plaques developed!

This study was repeated by different scientists several times, each time with the same results. As long as vitamin B-6 was adequate, regardless of how high the blood cholesterol level, there were no arterial plaques and no heart attacks. In 1956 the investigation was expanded to include dogs and chickens, and again the results showed

that as long as vitamin B-6 was adequate, even with high blood cholesterol levels, arterial plaques did not develop.

Then in 1969, at Harvard University Medical School Dr. Kilmer McCully made the following amazing discovery that brought all of this together. First, he found that when animals were injected with the amino acid homocysteine they all developed arterial plaques. A direct cause and effect was established. Second, he found that both animals and humans who have deficient levels of vitamin B-6 have elevated levels of homocysteine. Another direct cause and effect was established. Third, all patients with atherosclerotic plaques have low vitamin B-6 levels. Fourth, all patients with atherosclerotic plaques have elevated homocysteine levels.

Further investigations discovered why a deficiency of vitamin B-6 created this problem. The more meat there is in the diet, the greater is the conversion of its protein and amino acids into the various essential proteins required by a healthy body. It was found that none of this could take place without the use of vitamin B-6. When vitamin B-6 was too low, the conversion process of the amino acid methionine got stalled at the dangerous homocysteine stage. As homocysteine builds up in the blood it damages the LDL cholesterol and the arterial walls causing plaque to form, which in turn produces heart attacks.

Since meat is low in vitamin B-6 relative to the need for it to convert amino acids to useful forms, without a diet that also contained whole grains with their B vitamin rich bran still intact, a meat rich diet laced with refined and simple carbohydrates becomes deficient in vitamin B-6, which elevates the homocysteine level, resulting in atherosclerotic plaque and heart attacks.

There are two simple ways to correct this problem, eat a diet naturally rich in B vitamins, or simply take a vitamin B-6 supplement. The result of either approach is a normal homocysteine level, greatly reduced arterial plaque and no more heart attacks.

While proper dietary changes to raise the natural intake of the B vitamins is the best way to improved health, there is also a simple, and very inexpensive way to lower your homocysteine level and lower your risk of plaque and heart attacks. It is found in a supplement available from Vitality/Lifechoice and is called Mag-Six. It was especially formulated by Dr. Robert Preston to contain the needed vitamin B-6 along with several forms of magnesium which serves as an essential co-factor which is required to eliminate homocysteine by allowing the successful conversion of methionine to its useful forms.

***Do You Have An Email Address?***

Then you should consider joining our email updates club. Members receive special links to read or download important new information reports from Dr. Preston like the article he recently wrote about “homocysteine” levels or the 17 page “Acne “ report detailing what it really is and how to get rid of it for good.

It’s a great way to stay updated on important health updates and receive advance notification of special promotional offers available.

Best of all, IT’S FREE! Just go to our web site and click on “Join Email Updates Club” and you are all set.

If you would like to download the entire “Homocysteine” article or the “Acne” report, you can do so for free courtesy of your friends at Vitality by log in on to <http://www.IINR.org> and log in as “Vitality Guest” and password “10221.”

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Heart Disease is Still the #1 Killer,

Find Out the Truth About Which Foods May Be Slowly Killing YOU!

(You will be surprised!)

see page 3

Easy To Follow Diet Guidelines That Prevent Heart Disease and Diabetes!

see page 5

High Cholesterol Levels???

High Triglyceride Levels???

High Homocysteine Levels???

**-Find Out Why and How You Can Lower It
Naturally !**

**-Some of Them Are Much More Dangerous
Than Others. Find Out Which Signs Are
Much Better Indicators of Pending Heart
Attacks**

see page 1

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