

M.D.'s Special Report Reveals...

5 Mind-Stealers That Rob Your Memory... Your Independence... and Even Your Life!

How to outsmart them and keep your mind sharp, focused and youthful for years to come!

Memory decline in America is reaching epidemic-like numbers...

More than HALF of the 30 million Americans over age 65 experience difficulty remembering even simple names and numbers.

And a staggering 76 percent of Americans—starting as early as age 30—suffer from "senior moments" and brain fog.

But regardless of these depressing statistics, your brain does NOT have to fade away as you get older! To get the truth about memory loss and mental decline—and get real solutions for optimal brain health at any age—please read on...

In This FREE Email Medical Alert, You'll Discover...

- **What your memory lapses really mean**—and the two nerve-destroyers that could be to blame...
- **The troubling increase of Alzheimer's disease**—and why the medical community offers little hope for a cure...
- **The common neurodegenerative brain disorder that scientists simply can't explain**—and how to lower your risk of developing this debilitating disease...
- **The brain disaster that strikes 795,000 Americans each year**—and what's to blame 85% of the time...
- **Dreaded childhood brain disorders that are on the rise**—and the environmental factors that may be causing the astounding increase...

- **Three easy ways to keep your brain healthy**—so your mind can stay as sharp as a tack into your 90s and beyond...
- And much more!

Dear Friend,

Does this sound like you?

You meet someone at a party for the first time—and can't remember his name five minutes later.

You constantly misplace your keys and your reading glasses.

You heat up leftovers in the microwave—and find them still sitting in there days later, forgotten.

You drive off with your purse on top of the car—and don't realize it until your neighbor waves you down.

Some of your occasional memory lapses can be downright funny, but mental decline should not be taken lightly. As a medical doctor, I've seen how much damage aging can do to your mind and memory. As you grow older...

- ✓ **Your brain's blood vessels narrow**, reducing oxygen and nutrient supply...
- ✓ **Your brain begins to experience energy shortages** similar to electrical "blackouts"...
- ✓ **Your brain loses its density** and its circuits become weaker and thinned out...
- ✓ **Your brain's neurons become less conducive** to new information, and...
- ✓ **Your brain begins to "rust"** due to free radicals and toxic sludge you've been exposed to in the air, water, food and other environmental factors.

So those small memory glitches—like forgetting someone's name or accidentally leaving the milk out on the counter all night—can quickly lead to devastating mental impairment and even loss of independence.



Meet Michael Cutler, M.D., pioneer in nutritional medicine

Pioneer in discovering and developing new, natural health remedies and safe alternatives from the cutting edge of natural science...

- Editor of *Easy Health Digest*™, the natural health newsletter dedicated to bringing you FASTER, MORE EFFECTIVE natural health solutions that anyone can benefit from—at any age.
- Medical Doctor, Tulane Medical School.
- Founder and director of the Total Health Institute Medical Clinic.
- Practiced integrative medicine at the Modern Health Clinic for Advanced Medicine.

The sad thing is... you can't run to the Medical Establishment for help. They'll either tell you, "mental decline is inevitable—learn to live with it"... or prescribe medications that are loaded with side effects and don't work.

The truth of the matter is... **there are things you CAN do**—right here and now—**to improve your memory, concentration and overall brain health.** That's why I've written a Special Medical Report—so you can have the information you need keep your mind sharp, focused and healthy for decades to come.

I've called it ***Natural Secrets for an Active, Healthy Brain—At Any Age***, and this exclusive report reveals...

- ✓ **Why your brain "breaks down"**—and how you can keep it functioning at tip-top shape longer...
- ✓ **The real story behind brain disasters like Alzheimer's, Parkinson's, autism and stroke**—and all-natural remedies that can help relieve symptoms and improve quality of life, and...
- ✓ **How to exercise and "feed" your brain**—for optimal brain health well into your golden years and beyond!

Plus, you'll get the tools and strategies you need to battle—and even defeat—these top five mind stealers...

Mind Stealer #1: Age-Related Mental Decline and Memory Loss

Your memory lapses aren't just harmless—and sometimes embarrassing—moments of forgetfulness. They actually indicate a breakdown of the intricate communication system in your brain.

Let me explain...

Your brain's billions of neurons communicate with chemical neurotransmitters. These chemicals—known as norepinephrine, serotonin and dopamine—send signals from the end of one nerve to the next. And this complex communication network works like a charm... until it's attacked by these two nerve destroyers...

Free Radicals: These rogue molecules are

The World's Most Sophisticated "Computer"

Your cerebral cortex, the outer, larger portion of your brain, contains approximately 30 billion neurons. And each neuron has from 1,000 to 10,000 synaptic connections to other nerves. This cerebral cortex information highway is so complex that each cubic millimeter (the size of a tiny breadcrumb) contains roughly 1 billion synaptic connections to other nerves.

formed in your body during normal metabolism—but other factors like stress, poor diet and toxins in the environment can cause them to swell in numbers. They cause cellular damage called oxidative stress throughout your body—including your brain.

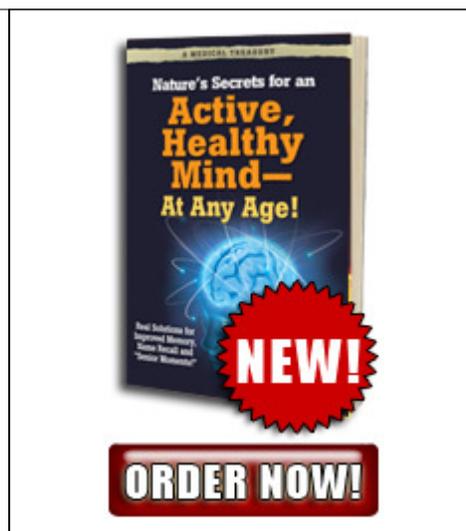
Inflammation: This is a normal immune system response to help heal injuries or sickness in your body. You run into problems, however, when inflammation becomes chronic. In that case, your immune system attacks otherwise healthy cells instead of invading pathogens. And when this happens in your brain, your nerves and the connections between them suffer.

This Special Medical Report—***Natural Secrets for an Active, Healthy Brain—At Any Age***—reveals the memory-robbing dangers your brain and nervous system faces—and gives you strategies and tips to keep your mind healthy and strong. You'll discover...

- **The hidden hazards you encounter every day of your life**—that can put you at risk for early brain aging and dementia...
- **The big problem with the typical American diet**—and how the foods you eat impact your brain health...
- **How to improve your brain health and change your life**—simply by changing how you think...
- **Three little words that negatively impact your brain**—and set you up for failure...
- **Why stress is such a memory killer**—and nine easy ways to combat stress for a healthier brain...
- **How learning and experiencing new things helps your brain grow new neuronal connections**—and stay healthy longer...
- **Why the lack of restful sleep wreaks havoc on your brain**—and 13 ways to get a good night's sleep for better brain performance...
- **And much more!**

[Order ***Natural Secrets for an Active, Healthy Brain—At Any Age*** now—and get TWO SPECIAL FREE gifts!](#)

Mind Stealer #2: Alzheimer's Disease



Few things are more dreaded than a diagnosis of Alzheimer's disease.

This mind-destroying mental disorder steals your ability to learn... think and plan... have meaningful conversations... and remember even the most precious people and events in your life.

In a nutshell... it robs you of your life.

As devastating as that sounds, this is even worse... conventional medicine has NO cure for Alzheimer's disease. They can slow the disease's progress with treatment, but that's about all they've got to offer.

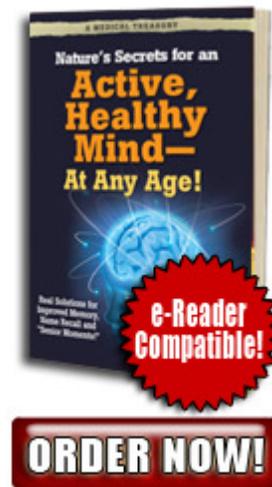
And that's alarming, because the Alzheimer's problem is growing by leaps and bounds.

Nearly 5 million Americans have Alzheimer's—and it's the sixth leading cause of death in the U.S, right behind diabetes. By 2050, experts project that a whopping 11 million to 16 million Americans will be diagnosed with Alzheimer's disease.

In my new Special Medical Report, ***Natural Secrets for an Active, Healthy Brain—At Any Age***, you'll get information about Alzheimer's disease that you might not hear from your family doctor—so you can take steps now to help keep your mind healthier longer. It reveals...

- **How to recognize symptoms of Alzheimer's disease in a loved one**—memory loss is just one of the things to look for...
- **The two abnormal structures that form in your brain as result of Alzheimer's**—and how they interfere with cell-to-cell signaling... trigger inflammation... and kill nerve cells...
- **Five health conditions that encourage the development of Alzheimer's disease**—and powerful nutrients that can stop them in their tracks...
- **The super fruit that actually reversed age-related mental deficits** and increased new nerve generation in studies—and even improved brain function in Alzheimer's rats...
- **12 brain-boosting nutritional supplements that help improve memory and thinking**—and may even lower the risk of Alzheimer's...

"A person's memory declines by as much as 40 percent between the ages of 25 and 65." –Georgia Tech's Cognitive Research Program



■ And much more!

Order [*Natural Secrets for an Active, Healthy Brain—At Any Age*](#) now—and get TWO SPECIAL FREE gifts!

Mind Stealer #3: Parkinson's Disease

Parkinson's disease is the second most common neurodegenerative brain disorder after Alzheimer's. Approximately 60,000 Americans are diagnosed with Parkinson's each year, and as many as 1 million people in the U.S. are living with it right now—including celebrities Mohammad Ali and Michael J. Fox.

With Parkinson's, you experience tremors, difficulty walking, rigidity and imbalance. And as the disease progresses, you can develop cognitive, behavioral and emotional difficulties—and eventually dementia.

The frustrating thing is... modern science can't explain WHY Parkinson's disease happens. They do know the death of dopamine-containing cells in the mid-brain triggers the disorder. The nerve cells use dopamine to control muscle movement, so when those dopamine-making neurons are destroyed, they cannot properly send messages. But scientists have no idea why the nerve cells are dying—or how to stop them.

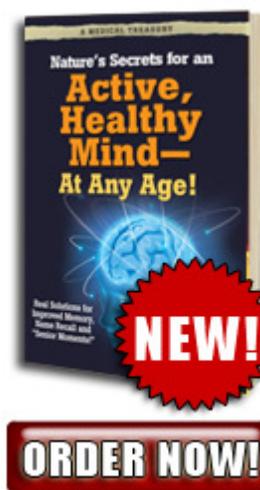
Unfortunately, there's no cure for Parkinson's disease. And the medical community's current prescription drug treatment options only control symptoms temporarily. After a while, the medication simply stops working.

The best weapon you have against Parkinson's is to be informed. My Special Medical Report, *Natural Secrets for an Active, Healthy Brain—At Any Age*, reveals effective, natural ways to battle this devastating disorder—and even gives you tips to help lower your risk for Parkinson's disease. You'll discover...

■ The chemicals agents that greatly increase your risk of Parkinson's disease—and the surprising places you'll find them in

**Your Ability
to Concentrate is
Important Because It
Helps You To...**

- ✓ Recall information more easily...
- ✓ Enrich your relationships—reflecting your ability to listen and stay attentive when being spoken to, and...
- ✓ Learn new tasks and information more quickly.



your home and grocery store...

- **Parkinson's disease can start with seemingly insignificant symptoms**—17 signs you should be watching for...
- **The truth about Parkinson's drugs**—and why they eventually stop helping you...
- **Two surgical options that can help people with severe Parkinson's disease**—after the medications stop working...
- **Natural ways to alleviate the symptoms of Parkinson's disease**—and what foods offer the greatest potential protection against Parkinson's and other progressive diseases...
- **The surprising deficiency linked to Parkinson's disease**—and how to get more of this nutrient through a healthy diet...
- **14 nutrients that help promote dopamine in the body**—to relieve the symptoms of Parkinson's disease...
- **And much more!**

[Order *Natural Secrets for an Active, Healthy Brain—At Any Age* now—and get TWO SPECIAL FREE gifts!](#)

Mind Stealer #4: Stroke

Stroke strikes about 795,000 Americans every year—and takes the lives of more than 143,579 of them. That makes it the third leading cause of death in the U.S.—and the leading cause of serious, long-term disability.

About 85 percent of the time it's caused by atherosclerosis—hardening of the arteries. If one or more of the four major blood vessels that feed your brain with blood become narrowed with plaque—or a piece of plaque breaks off from another artery and travels to those vessels—BAM! Blood flow is disrupted... brain cells die—and you have a stroke.

Stroke can also be triggered by blood clots or by a ruptured artery in your brain.

The scary thing is... your risk of stroke more than **DOUBLES** each decade after the age of

The most prevalent new cases of brain disorders in the U.S. include:

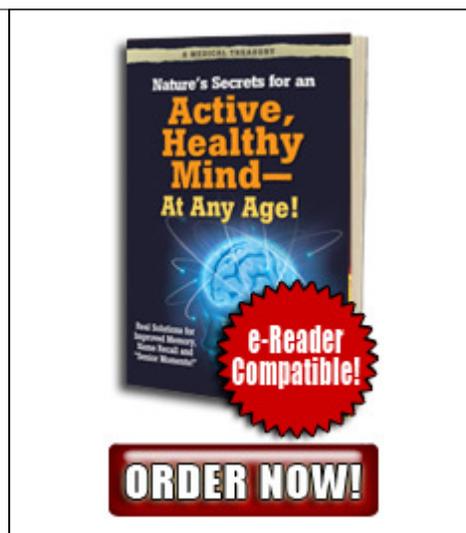
- **Stroke:** 600,000 new annual diagnoses
- **Alzheimer's Disease:** 250,000 new annual diagnoses
- **Seizures and Epilepsy:** 135,000 new annual diagnoses
- **Brain trauma (accidents):** 80,000 new annual diagnoses
- **Parkinson's Disease:** 55,000 new annual diagnoses

55. So it's important you take steps now to keep your arteries and brain healthy.

In my Special Medical Report, ***Natural Secrets for an Active, Healthy Brain—At Any Age***, you'll discover...

- **Five major signs that you or someone you love is having a stroke**—and what to do immediately for better odds of recovery...
- **The drug that's most beneficial in dissolving blood clots and restoring blood flow** to your brain after a stroke—it totally reverses stroke symptoms in 33 percent of patients...
- **13 risk factors for stroke**—you'll be surprised at how many you are exposed to each and every day...
- **The sweet "villain" that can raise your blood pressure...** contribute to diabetes... trigger metabolic syndrome... and increase your risk of stroke...
- **21 heart-friendly nutrients that help keep your blood thin...** provide antioxidant protection... boost your energy... prevent atherosclerosis... lower blood pressure... slow the clotting process... lower inflammation... reduce cholesterol... and more—to reduce your risk of heart attack and stroke...
- **And much more!**

[Order ***Natural Secrets for an Active, Healthy Brain—At Any Age*** now—and get TWO SPECIAL FREE gifts!](#)



Mind Stealer #5: Autism and Other Childhood Brain Disorders

When autism was first reported as a brain disorder in 1943, an estimated one out of every 2,500 to 5,000 children suffered from it.

Today, an astounding one out of every 110 children has autism. That means... hundreds of thousands of children in the U.S. struggle in their social interaction with others... have difficulty communicating... exhibit slow mental processing... and suffer from other brain abnormalities.

To be fair, much of the increase in autism is due to better diagnosis of the condition. However, there is speculation that the dramatic rise in the

number of cases might also be linked to other causes—such as the MMR vaccine and other childhood vaccinations... and the overload of toxins in our environment.

Unfortunately, autism isn't the only childhood illness parents with young children need to worry about. Other brain disorders are on the rise, such as...

ADHD: Almost 16 percent of children have been diagnosed with Attention Deficit Hyperactivity Disorder, which is characterized by an inability to sit still and focus.

Fragile X Syndrome: This condition is caused by an abnormal gene sequence on the X chromosome—and results in mental disabilities, physical limitations, emotional difficulties and behavioral challenges. Approximately 100,000 Americans have Fragile X syndrome—and 1 million carry the Fragile X mutation.

Tourette's Syndrome: Approximately 10 percent of Americans struggle with this tic disorder that causes them to make rapid and involuntary movements—and sometimes even involuntary sounds.

It's heart-wrenching when your child is diagnosed with a brain disorder. That's why I devote an entire chapter to this subject in my Special Medical Report, ***Natural Secrets for an Active, Healthy Brain—At Any Age***—so you can get the information you need to make the right treatment decisions for your child. You'll discover...

- **33 prescription drugs commonly recommended to treat specific symptoms of autism**—and their shocking side effects...
- **Why medication may NOT be the best answer for ADHD**—and other solutions that may help your child even more...
- **The mental, physical and behavioral challenges associated with Fragile X Syndrome**—and its strong link to autism...
- **The neurotransmitter dysfunction** that autism, ADHD, Fragile X Syndrome and Tourette's ALL have in common—and how those same neurotransmitters are involved with a

Foods that are Bad for Your Brain:

- **Refined foods:** White bread, white rice, white sugar.
- **Processed foods:** Processed meats and processed cheeses.
- **Dairy:** Heavy amounts of cow's milk and their cheeses.
- **Processed juice:** All juices that are not freshly juiced.
- **Damaged Fats:** Hydrogenated and trans-fatty items such as pizza, burgers, fries and other fast foods.
- **Altered foods:** Processed, refined and chemically changed foods packaged in

surprising number of other common disorders as well...

- **12 steps you can take RIGHT NOW to improve neurotransmitter function**—and reverse symptoms of brain illnesses...
- **24 nutritional supplements that can help relieve the symptoms of autism**—and the one nutrient people with autism should NEVER take...
- **The must-have brain booster for children with ADHD**—it increased learning and memory up to 33 percent in studies...
- **The best treatment model for autism**—to build foundations for healthy social, emotional and intellectual development...
- **And much more!**

Order [*Natural Secrets for an Active, Healthy Brain—At Any Age*](#) now—and get [TWO SPECIAL FREE gifts!](#)

The good news is... there are simple steps you can take to keep your mind firing on all cylinders for years to come...

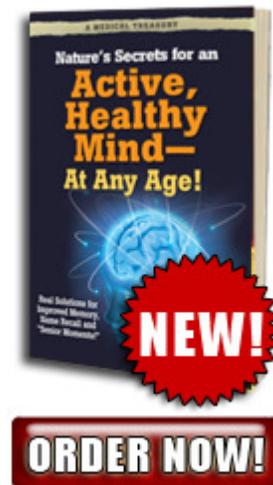
Three Ways to Give Your Brain What It Needs For Better Memory... Improved Cognition... and Healthier Overall Brain Function!

Your brain is a powerful, complex, intensely-important organ. It commands all the organs and functions in your body—and directs all your movements, sensations, thoughts, feelings, and even your health, to a large degree.

The best way to describe your brain is to compare it to an extremely sophisticated computer—although no computer built by human hands can even come close. This super-computer in your head needs constant maintenance to support its profoundly complicated functions.

"Brain maintenance" might sound complicated, but it's really quite easy. You just have to do three things to keep your brain in functioning in top

boxes, cans, bottles or other supermarket, sealed containers. This includes crackers, cookies, pudding, sodas, whipped-style creams, fruit snacks, sugary cold cereals, TV dinners, frozen pizzas, candies, cakes and ice-cream.



form...

Feed Your Brain: Nerve cells require fatty acids to carry their electrical impulses. Otherwise, nerve-impulse transmission can be delayed or distorted. Plus, the neurotransmitters used by the brain—serotonin, dopamine, norepinephrine and acetylcholine—are formulated by the body from dietary nutrients, so proper nutrition is critical for ensuring messages get through.

Exercise Your Body: Not only does physical fitness help prevent Alzheimer's dementia, but it also pushes back at a whole host of other age-related diseases. Fitness functions as a natural stress reducer, an antioxidant promoter and an anti-inflammatory tool as well.

Work Out Your Brain: Research has found that brain exercises that stretch your language skills... concentration and attention... memory... visual and spatial skills... and problem solving abilities can actually help strengthen your brain.

In my Special Medical Report, ***Natural Secrets for an Active, Healthy Brain—At Any Age***, I reveal simple things you can do each and every day to support and improve your brain health. You'll discover...

- **How to get the most effective antioxidant protection**—even BETTER than what most supplements can give you...
- **The vitamin deficiency that's associated with Alzheimer's, depression and cancer**—shockingly, two out of every three Americans have it...
- **How to prevent cognitive decline**—and even reverse it—simply by eating this type of food...
- **The amazing "balancing" effect insoluble fiber has on your brain**—and how much you need to eat daily for optimum health...
- **The acid-neutralizing secret that helps decrease your risk of all types of diseases**—and the foods that help your body stay at a healthy pH...

**Easy ways to
nourish your brain:**

- Boost your berry intake (blueberries, strawberries, cherries, raspberries and blackberries).
- Fill up on fiber, nuts and seeds.
- Incorporate beans, legumes and whole grains (such as brown rice or quinoa) into your diet.
- Focus on healthy fats by ridding your kitchen of margarine and hydrogenated oils and replacing them with extra-virgin olive oil and flaxseed oil.
- Eat more vegetables and fish. Research shows that this type of diet preserves memory, improves mood and helps prevent Alzheimer's disease.

- **The mind-boggling benefits of eating raw food**—and how much you should eat every day for optimal health...
- **The healing power of a dietary cleanse**—and how it can help you kiss your headaches... joint discomfort... and even bad moods goodbye...
- **The oldest, most successful way to reverse chronic illness**—and all you need is water...
- **How a mere three hours of exercise a week can translate into better cognitive function...** improved memory... and even accelerated neuron growth in your brain...
- **How enjoying "cognitively stimulating" leisure activities can decrease your likelihood of developing dementia** by a whopping 63 percent...
- **Two fun ways to exercise your brain and improve cognitive function**—simply by listening...
- **And much more!**

[Order *Natural Secrets for an Active, Healthy Brain—At Any Age* now—and get TWO SPECIAL FREE gifts!](#)

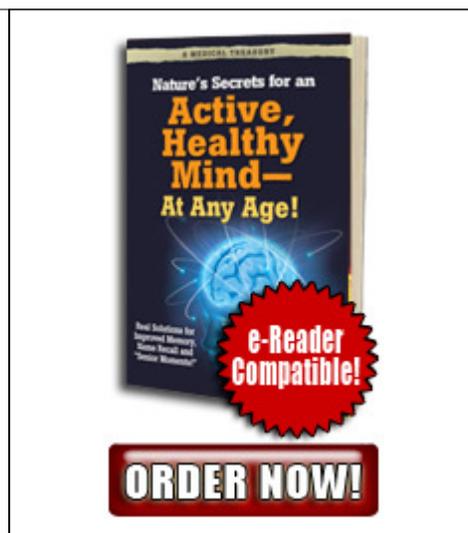
And the best news of all?

You Can Get This Urgent Special Medical Report at Introductory Savings—HALF OFF—Plus Receive Two FREE Gifts!

You don't have to let age-related memory loss or dementia rob you of your independence—or your life! That's why I want to get this Special Medical Report into your hands right away—to give you the tools you need to support, protect and restore your cognitive function, so you can experience optimal brain health.

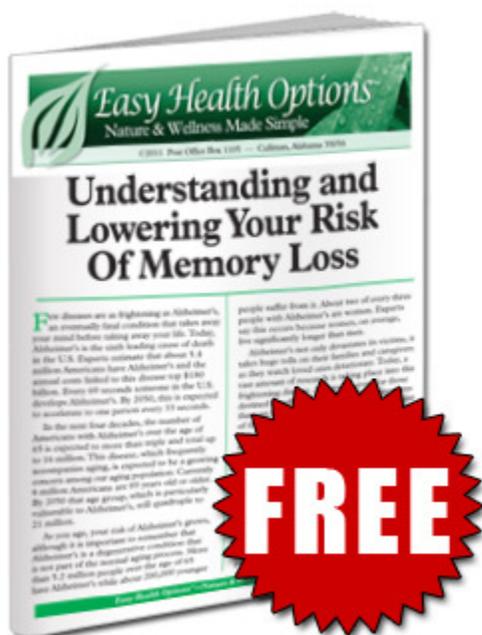
I've made arrangements for you to receive ***Natural Secrets for an Active, Healthy Brain—At Any Age*** for only \$19.95—HALF off the published price.

That's right. You pay just \$19.95 for the digital download copy (yes, right off your computer, right now) and/or a hard copy. Order your digital



download and/or hard copy today!

What's more, during this special introductory offer, you also receive two FREE gifts...



FREE GIFT #1: *Understanding and Lowering Your Risk of Memory Loss*—A \$19.95 value, yours FREE!

Brain experts speak out! You must first understand what's really going on, and then take steps to avoid the worst scenario! In this special report you'll discover:

- **How to tell if you or a loved one may be developing Alzheimer's...** don't let every "senior moment" frighten you!
- **The one special supplement that can help** impede the progression of memory loss!

- **Six lifestyle habits that can reduce your risk** of memory loss by as much as 25 percent!
- **Common mental conditions confused for Alzheimer's**—and why you need to know the difference!
- **If your close family members developed debilitating memory loss early on**, you could be at greater risk!
- **And much, much more!**

[Order *Natural Secrets for an Active, Healthy Brain—At Any Age* now—with absolutely NO RISK!](#)



FREE GIFT #2: *How Foods Drain Your Memory*—A \$19.95 value, yours FREE!

If you think your memory problems are caused by old age—please, think again!

The truth is, forgetfulness... poor



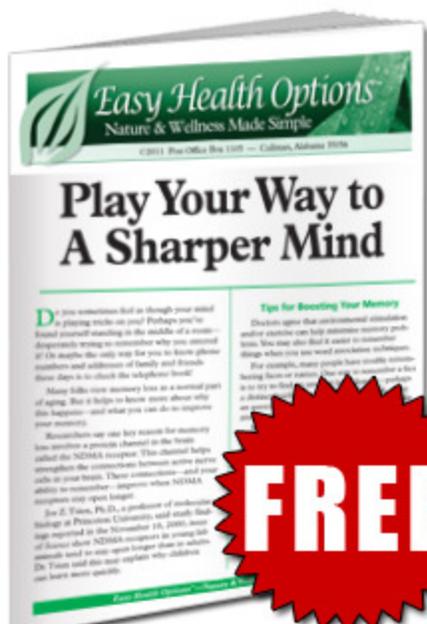
memory... and mental fatigue can be triggered by what you eat every day. In this special report, you'll uncover the untold truth about...

- **The kitchen staple that increases your risk of memory problems!** The food industry is keeping mum—but you'll get the entire truth!
- **Why folks with blood glucose imbalances are at greater risk for mental impairment!** Startling results from medical studies!
- **The brain toxin that's added to more than 9,000 food products!** This may be the cause of your mental fog... seizures... and migraines! Good news: You can prevent this damage!
- **The diet food that makes you fat**—and mentally sluggish! A better and safer alternatives available!
- **If it says "sugar-free" on the label**—follow the instructions in your free report! It may save your memory—and even your life!
- **And much more!**

Order [**Natural Secrets for an Active, Healthy Brain—At Any Age**](#) now—with absolutely **NO RISK!**

But that's not all...

If you order today, March 13, 2013 , you also get...



FAST RESPONSE BONUS: *Play Your Way To A Sharper Mind—A \$19.95 value, yours FREE!*

Research proves that puzzles... trivia... and riddles can help keep your brain active well past your 90s. In this special report, you'll get:

- Mind-enhancing games—to help boost your I.Q!
- A "maze"ing challenges!
- Sudoku!



- Brain teasers!
- Concentration builders!

- Memory-boosting tips to help you create new and healthy brain cells each and every day!
- Riddles!
- And much more!

Order [***Natural Secrets for an Active, Healthy Brain—At Any Age***](#)
[now—with absolutely NO RISK!](#)

So why not order right now? You get ***Natural Secrets for an Active, Healthy Brain—At Any Age*** plus ***Understanding and Lowering Your Risk of Memory Loss... How Foods Drain Your Memory...*** and ***Play Your Way To A Sharper Mind***—a \$99.75 total value—**all for just \$19.95!**

That's a savings of \$79.80! Plus, you're protected by...

A Lifetime Money-Back Guarantee of Satisfaction!

**You must be thrilled with the information you receive,
or you'll get all your money back. Every penny.
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return your Special Medical Report!**

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**Don't let age-related mental decline steal your memory
—and rob you of the vibrant life you deserve! [Order Now.](#)**

You don't have to fall victim to memory loss and poor brain health—just because you're growing older. There are steps you can take—starting today—to boost your brain health, no matter what your age!

Order ***Natural Secrets for an Active, Healthy Brain—At Any Age***
today and discover how to...

- ✓ Defeat the real culprits behind age-related memory loss and cognitive problems...
- ✓ Safely and naturally relieve—and even reverse—symptoms for the most common brain disorders, and...
- ✓ Keep your mind sharp, focused and healthy—for the rest of your life!

[Order your digital download copy and/or hard copy today!](#)

Yours for healthy living,

Michael Cutler, M.D.

Michael Cutler, M.D.
Editor, *Easy Health Digest*™

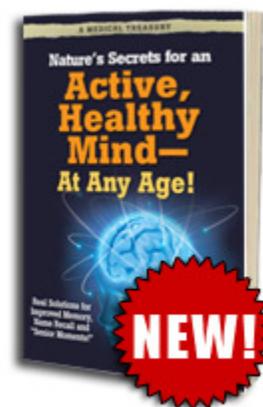
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That's a total value of \$99.75—for just \$19.95. [So Order Now!](#)

Special Savings Certificate

✓ **YES, Dr. Cutler!** I want my copy of ***Natural Secrets for an Active, Healthy Brain-At Any Age***, so I can do my best to keep my brain and memory sharp for years to come! I save 50% off the cover price plus get FREE gifts valued at \$59.85, a total savings of \$79.80!

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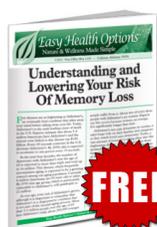
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FAST RESPONSE BONUS:

You receive ***Play Your Way To A Sharper Mind*** ... a \$19.95 value, yours FREE.

Get a hard copy sent to you via postal mail for \$19.95 + \$6.95 shipping & handling for U.S. orders.*



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You receive ***Understanding and Lowering Your Risk of Memory Loss*** ... a \$19.95 value, yours FREE.

**FREE GIFT #2:**

You receive ***How Foods Drain Your Memory***... A \$19.95 value, yours FREE.

**FAST RESPONSE BONUS:**

You receive ***Play Your Way To A Sharper Mind*** ... a \$19.95 value, yours FREE.

* All international shipments will incur \$16.95 shipping and handling.



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