

Seven “Brain Killers” That Rob Your Memory and Even Shrink Your Brain!

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

Has this ever
happened to you?

- You run into a person that you’ve known for years — and totally blank out their name...
- You walk into another room to get something — only to forget why you went there in the first place...
- You drive off with your purse on top of your car — and don’t even realize it until your neighbor waves you down.

Those “senior moments” can be frustrating — not to mention embarrassing. But they DON’T have to be inevitable.

In fact, you may already be experiencing clearer thinking and sharper memory — thanks to your decision to order **PS-Ultimate Brain Food™**.

And that’s important, because you’re not just dealing with the memory loss that comes with normal aging. You’re actually battling seven “brain killers” that threaten your memory... erode your cognitive ability... and put

your very independence at risk...

Brain Killer #1: Free Radicals

Free radicals are molecules that are missing an electron. They roam through your body, trying to snatch that missing part from another cell — and wreak havoc in the process.

They can be formed when oxygen interacts with certain molecules in your body. But they can also be created by factors in your environment — such as pollution, radiation, cigarette smoke, and herbicides.

The problem is... free radicals can create chemical reactions in your body that cause harm. The research of Domenico Pratico, M.D. has demonstrated that the oxidative damage of free radicals leads to plaques that destroy brain cells.

The damage happens primarily in the hippocampus — where your emotions and memory are regulated — followed by the frontal and temporal lobes of



your brain. All of these can lose from 30% to 40% of their neurons as a result.

If free radicals get out of control in your brain, your cells will be damaged faster than they can be repaired. That can lead to diminished brain function — and more “senior moments.”

Brain Killer #2: Nutritional Deficiencies

While it makes up only 2% of the weight of your body,

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your brain consumes a whopping 20% of the energy. So if you're suffering from a deficiency in any of the required daily nutrients, it's likely to be affected. Now you're probably thinking that you eat pretty healthy—so you should be getting all the nutrients you need.

The Surprising Reason Your Brain Might Not Be Getting All the Nutrients it Needs...

Poor Circulation!

Your brain needs nutrients, glucose, and oxygen from your blood in specific amounts in order to function properly.

If there isn't enough blood supply to your brain (due to poor circulation) the nerve cells in your brain will slowly shrink—until they die.

But that's not all...

A new study reported in the journal *Neuron* has found that when the brain doesn't get enough sugar glucose—which might occur when too little blood reaches your brain—a process is launched that ultimately produces the sticky clumps of protein—amyloid plaques—that appear to be a cause of memory loss.

Scientists conclude that improving blood flow to your brain may help boost your mental clarity and even lower your risk of mental decline.

But not so fast...

A recent study published in the *Journal of Food Composition and Analysis* found that about 30% of the calories the average American consumes daily are from nutrient-poor junk foods like sweets, desserts, soft drinks, alcoholic beverages, and salty snacks.

And when you do eat your fruits and vegetables, they aren't anywhere as nutritious as they used to be. Data collected by the U.S. government shows that the nutritional content of America's produce has declined during the past 50 years—in some cases dramatically.

The lack of any single nutrient can powerfully influence cognition, emotion, and behavior—and lead to mood swings, anxiety, and other mental disorders.

Brain Killer #3: High Blood Pressure

If you have unhealthy blood pressure and have been unusually forgetful lately, this could be the reason why...

A recent study published in the journal *Neurology* showed that high blood pressure may contribute to memory loss and other declines in brain function in people 45 and older.

Not surprisingly, the higher your blood pressure, the worse the effect on your memory and brain function. Researchers found that with each 10-point increase in diastolic blood pressure, the odds of cognitive

difficulties grew by 7%.

But if you're a younger person with high blood pressure, don't think you're off the hook. You can be at risk for memory problems as well.

In a separate study, University of Maine researchers discovered that subjects with high blood pressure that were as young as 18 demonstrated measurable decline in cognitive function.

Brain Killer #4: Mood Swings

Each year, about 15 million American adults suffer from mood swings. And women fall victim to it about twice as often as men do.

Unfortunately, sadness or low spirits can cause your brain to shrink.

The results of more than 20 studies strongly suggest that the hippocampus region of the brain is 10% smaller in patients with major mood swings than in people without health issues.

One study indicated that the longer a patient suffers with sadness or melancholy, the smaller the size of the hippocampus—and the more memory and emotions are affected.

Brain Killer #5: Stress

Stress can wreak havoc on your brain.

Research shows that repeated stress actually causes neurons in the hippocampus region of your brain to shrink—hurting your memory. And it creates the same

problem in your prefrontal cortex, which interferes with your ability to make decisions and focus.

How does stress do so much damage in your brain?

It triggers the release of a hormone called cortisol. Now cortisol is necessary at times to help your brain cope with life-threatening situations. For example, your ancestors found it extremely useful when outrunning hungry saber-toothed tigers. However, when it's released repeatedly through stress, it has been shown to damage and even kill your brain cells—and cause premature aging of your brain.

This affects your memory, decision-making abilities, and concentration—and could make your brain more vulnerable to damage from aging.

Brain Killer #6: Prescription Medications

You may be taking them to improve your health, but certain medications are downright hazardous to your brain—causing memory loss and even brain damage.

The biggest offenders are calcium channel blockers and some diuretics prescribed to people with high blood pressure.

In a study conducted at the Wake Forest University School of Medicine, 1,268 high blood



Dr. John L. Paulus says:

“As a physician caregiver for a wife with severe mental decline for four years, I tried all the usual solutions.

“However, for nine months all were totally ineffective in improving her inability to sleep at night, great hostility, and total lack of any laughing or smiling. Within one week after starting PS, her sleep pattern returned to normal and within one month all hostility has ceased and she was once again smiling and laughing. All of these improvements have continued for the two years that she has been taking PS. I have gladly passed my experience with PS to other caretakers of patients who reside in her Assisted Living Facility.”

pressure patients taking calcium channel blockers showed brain damage and achieved lower scores on a standard mental test.

The type of brain damage found was associated with impaired memory.

But that's not all. Another Wake Forest University study found that HRT (hormone replacement therapy) drugs literally shrink women's brains. Subjects who took HRT drugs for an extended period of time showed a loss of 2.37 cubic centimeters in the frontal lobe of the brain.

Since the frontal lobe is responsible for memory and thinking skills, scientists concluded that this might be the reason why women who use HRT drugs are increasingly diagnosed with serious cognitive decline.

Brain Killer #7: Invisible Toxins

You can't taste, see or smell them—but at this very moment, you are surrounded by dangerous toxins. They're in the food you eat... the air you breathe... the water you drink... and the products you routinely use.

Scientists are now finding that they contribute to a multitude of health problems—such as neurological disorders, immune system problems, and many other more serious health issues. But six toxins, in particular, can cause brain cell death:

Lead—Scientific evidence shows that exposure to lead leads to brain cell loss and damage years later. According to research, a single exposure is equivalent to at least five

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This product is not intended to be a substitute or replacement for any drug, surgery, or any other medical treatment. Seek the advice of a competent healthcare professional for your specific health concerns. Individual results will vary. Do not change your medications without consulting your doctor.

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.

years of brain aging.

Mercury—When a person is exposed to mercury—found in dental amalgams and vaccines—they can develop what's known as “mercury toxicity” in the brain. Mercury toxicity is a known brain cell killer.

Carbon Monoxide—Kills brain cells by not allowing adequate oxygen to get to the brain.

Pesticides—Can kill brain cells quickly and cause abnormal mental and physical development.

Aspartame—Several studies have linked this artificial sweetener—also called NutraSweet®—to brain cell destruction.

Formaldehyde—Found in forest fires, automobile exhaust, and cigarette smoke, formaldehyde can deplete brain cells and cause your brain to shrink.

As you can see, the assault on your brain health is very real. But you already have the powerful weapon you need to help support your brain and improve your memory—**PS-Ultimate Brain Food™**.

**PS-Ultimate Brain Food™:
The Easiest Way to Keep
Your Mind Healthy,
Active, and Alert!**

Continuing to take PS every day can do things for your brain that NO other nutrient will do. **PS-Ultimate Brain Food™** from Health Resources™ can help...

- ✓ Rev up your brain...
- ✓ Recharge your memory...
- ✓ Restock your brain cells...
- ✓ Revitalize your thinking...
- ✓ Reawaken mental slumber...
- ✓ Retool brain connectors...

And replace worry and fear with peace of mind!

So one thing is for certain...

**You Don't Want to Run Out!
Reorder PS-Ultimate
Brain Food™ Today—
And SAVE!**

You recently made a smart decision by ordering **PS-Ultimate Brain Food™**. And you may already be enjoying the benefits of a sharper memory and clearer, more focused mind.

I encourage you to make another smart decision by reordering today—so you can enjoy a healthy, clear mind for years to come.

Now's the time to save BIG—with a whopping \$357.19 in savings on our “Best Offer Yet.” But hurry—this offer is good for the next 30 days.

Your order is protected by a 100% Unconditional Lifetime Money-Back Guarantee of Satisfaction. That means... **you RISK NOTHING** by reordering today.

So take a look at the enclosed order form and **CHOOSE YOUR SAVINGS** today.

Benefits Reported by PS-Ultimate Brain Food™ users...



**What a Memory
Booster!**

“Before I started taking your PS, I couldn't even remember what I had for breakfast. Now I can remember what I had for breakfast a week ago. Thanks for a great product.”

—Jim L., Alameda, NM

**My Brain is as
Sharp as Ever!**

“Since taking PS daily, my 90 year old brain is keener than ever. I can think faster and enjoy doing all the word scramble puzzles, cryptograms, and especially crossword puzzles.”

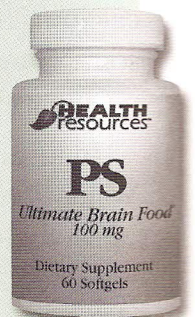
—Dorothy F., Vero Beach, FL

Individual results may vary.

**Support and Improve
Your Mind and
Memory TODAY!**

**Don't miss a day taking
your PS!**

Reorder now and claim an extra \$50 savings, up to four FREE bottles, and FREE shipping and handling with our “Best Offer Yet.”



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“My memory has jumped 100%!”

“The doctors keep saying we have to expect a dull brain now that we are 85. NUTS to the idiots! All we needed was PS!” —A.W., *Citrus Heights, CA*

Exciting reports of restored memories and sharper minds have been pouring in from folks all across America! There’s no doubt about it... **PS-Ultimate Brain Food™** is improving lives... easing memory worries... and helping people keep their independence longer.

If you continue to take PS, you could find yourself thinking and remembering with greater ease, efficiency, and clarity—and getting the most out of life—just like these folks below did...

“Thank God for This Miracle Brain-Booster!”



“I started on the PS a couple of months ago and what a life-changing experience it’s been! I sell insurance and you can imagine the information I have to remember. PS has kept me focused, sharp, alert, and my retention of information has sky rocketed. I never thought I could be so smart. I am absolutely sold on PS and will take it from now on. Thank God for this miracle brain booster!” —David Y., Eden, NC

“Emotions Stabilized!”



“I am 79 years old and have a history of mood swings. I started taking your PS several months ago. Since then I am more emotionally stable and enjoy living in the real world again.” —Myrtle K., Russellville, AL

“Your PS Saved my Memory!”

“Your PS is so good that my worry about losing my memory is gone. I’ve tried several PS

products made by other companies, but they didn’t work. Only your PS saved my memory.” —Thomas S., Los Angeles, CA

“I Feel Better About Myself!”

“I am in my late 80s and have had a lot of trouble remembering things for quite a while now. I have been taking the PS for three months now, and I can already tell a difference. You wouldn’t believe how much better I feel when I can remember where I put things. It really makes a big difference in how I feel about myself.” —Elise W., Mason City, IA

“A Godsend!”



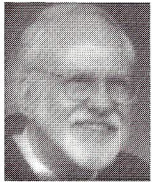
“I think PS is a Godsend for us old people. I am 78 years old and I think we need something to help us when we forget things. I would recommend it to all elderly citizens.”

—M.W., Rome, GA

“Memory Better Than Ever!”

“I’m 72 years old and have used PS for several years. I am a part-time bookkeeper and need to

Continued page 2...



remember tax deadlines and do computer work accurately. I find that my memory is actually better now than it was several years ago. PS has to be credited for my continued good performance in my work and with my family. I would not want to stop taking it."

—Walt H., Wilmington, DE

"Gave Me my Wife Back!"

"My wife was in a nursing home in February 2002 and I decided to remove her. At that time she did not know my name and could not remember where we lived. I took her home and began giving her 400 mgs of PS. Within three months at home taking PS, she was able to answer the telephone and talk to relatives and can still do so. I feel that giving her the PS every day is the reason I have her back to daily company. Since we are both in our upper 80s, we can discuss our wonderful years together, which now number 67."

—Del T., Scottsdale, AZ

"Senior Moments Gone!"



"My husband and I were having more senior moments than I care to admit... Really we were having memory problems. Our ages are 77 and 78. Since taking PS, we

can tell the difference if we miss one day. Thanks for the brain nutrition—it sure helps!"

—Leota A., Independence, MO

"My Husband is Remembering Better!"

"In the past year, my husband has been forgetting to do simple things like mailing a letter or taking something from the car trunk. I read about PS in a magazine in the doctor's office and ordered it. He's been taking it for almost a year, and I do see improvement in his short term memory."

—M.D., Baxter, MN

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This product is not intended to be a substitute or replacement for any drug, surgery, or any other medical treatment. Seek the advice of a competent healthcare professional for your specific health concerns. Individual results may vary. Do not change your medications without consulting your doctor.

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"Threw Away My Notepad!"

"I work in construction and was having difficulty remembering critical short-term information. I had to constantly take notes on dimensions, etc. in order to do my job. I began using PS, and in two months my memory was so much improved, I threw away my notepad!"

—Elmer F., Delaware, OH

"One of the Best!"



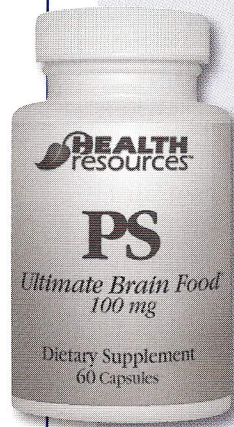
"PS has made me very alert. My memory is getting back to normal. I don't forget things as much as I used to. I have more energy and ambition since using it. I think it's one of the best products I've ever taken."

—Paul D., Long Beach, CA

"Drastic Improvement!"

"Deeply concerned with my 90-year-old mom's, short-term memory loss and loss of communication skills, I put her on PS without telling my family. Three of my brothers said individually that they didn't know why, but Mom's memory and action had improved drastically, and I too am impressed."

—Warnnie O., Louisville, KY



Reorder PS-Ultimate Brain Food™ today, save an extra \$50, and claim four FREE bottles with our "Best Offer Yet" reorder.

But hurry—this offer is good for the next 30 days. Remember... your reorder is protected by a 100% Unconditional Money-

Back Guarantee of Satisfaction—so you risk NOTHING! **Call TOLL-FREE 1-800-471-4007 and reorder today!**

URGENT: READ THIS

If you're still...

- ✓ Experiencing embarrassing "senior moments" ...
- ✓ Plagued by "brain fog" and muddled thinking...
- ✓ Afraid of losing your independence due to memory loss...

OPEN NOW!

Who Says You Have to Live With Memory Loss and Brain Fog?

Take the one supplement clinically proven to help support, save, and boost your mind and memory!

Dear Friend,

A great tragedy happens when you start to accept a failing memory and sluggish brain as a normal part of aging.

This is supposed to be the BEST time of your life—when you get to relax a little and enjoy the fruit of your labors. It's not the time to be robbed of your precious memories... your thinking ability... or even your independence. So the question is...

Why should you put up with an aging brain... if you don't have to?

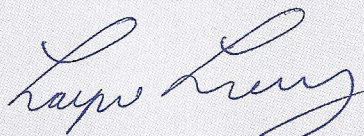
You've already found your miracle brain booster—**PS-Ultimate Brain Food™**. It's the only single supplement clinically proven to help...

- Roll back cognitive decline by up to 12 years...
- Slow down memory loss and improve your memory by up to 44%...
- And clear up brain fog, making you up to 33% smarter!

You may have already started to notice a difference from PS. If so, that's great! But the best is yet to come. Most people start experiencing the most powerful mind-boosting benefits of PS after they've taken it for 90 days.

In fact, consistent use over time actually helps increase the effectiveness of phosphatidylserine—the ingredient in **PS-Ultimate Brain Food™**. So take advantage of the limited-time savings you've been reading about and reorder today.

Sincerely,



Layne Lowery
President, Health Resources™

P.S. Don't forget... You can claim an extra \$50 OFF by reordering our "Best Offer Yet!"

Claim 4 FREE bottles of PS-Ultimate Brain Food™ And save \$357.19 each year with our “Best Offer Yet” reorder!

You have four options when you reorder. These include:

Option #1: BEST OFFER YET: I SAVE \$357.19!

Check Option #1 (see reverse) and we'll send you 12 bottles of PS—Ultimate Brain Food™ for just ~~\$329~~ \$288.96 (a savings of \$190.44, off the regular 12 bottle price, (includes your \$50 discount). Plus, you receive 4 FREE bottles (a \$159.80 value) and FREE Shipping and Handling (a \$6.95 value). That's a grand total in FREE bottles and savings of \$357.19!

Option #2: GREAT VALUE: I SAVE \$137.55!

Check Option #2 (see reverse) and we'll send you 6 bottles of PS—Ultimate Brain Food™ for just \$189 that's a SAVINGS of \$50.70 off the regular 6-bottle price. Plus, you get 2 FREE bottles (a \$79.90 value) and FREE Shipping and Handling (a \$6.95 value). That's a grand total in FREE bottles and savings of \$137.55!

Option #3: GOOD VALUE: I SAVE \$60.05!

Check Option #3 (see reverse) and we'll send you 3 bottles of PS—Ultimate Brain Food™ for just \$99.75 plus \$6.95 shipping and handling—that's a SAVINGS of \$20.10 off the regular 3-bottle price. Plus you'll receive one FREE bottle (a \$39.95 value). That's a grand total in FREE bottles and savings of \$60.05!

People Swear by PS for Improving Memory!

Don't Put Up With Embarrassing “Senior Moments” Any Longer!

To place your reorder, please fill out and mail the Customer Savings certificate (see reverse). Or for quicker service, call TOLL-FREE 1-800-471-4007.

Please give your customer service representative your Customer Savings Code.

It's located above your name and address on the other side and starts with “HAP” followed by four digits. **This unique code qualifies you for this special discount.**

MEMORY RESTORED!



“I had severe memory problems. I was immediately put on a breathing machine. This improved my memory, but several years later, I began taking PS and noticed an immediate and drastic improvement in my memory. It continues to improve and I'm 71 years old.”
—Jim J., Kaufman, TX

GREAT RESULTS IN ONE MONTH!



“Your PS product is really helping. I already can tell a difference in my ability to remember names and faces after only a month of taking your product. Hopefully it will only get better.”

—Francis G., Medford, OR

Individual results may vary.

Poor Circulation May Cause “Senior Moments”...

What if poor blood flow kept your brain from getting enough oxygen? Wouldn't this cause all sorts of mental problems like forgetfulness... foggy thinking... and “senior moments”?

Just as one health problem may cause a dozen different symptoms, many nutrients provide a broad range of benefits.

Scientists conclude that improving blood flow to your brain may help boost your mental clarity and even lower your risk of memory problems.

Taking supplements with overlapping benefits can help you achieve even better—and often faster results as well as promote healthy levels of vital nutrients that your body could be starving for.

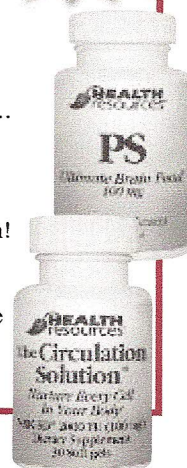
How can you get even better results from PS-Ultimate Brain Food™?

Just add **The Circulation Solution™** and help promote healthy blood flow to your brain as well as other parts of your body and...

- Boost your mental clarity
- Promote heart function
- Enhance blood circulation
- Improve memory and cognitive function!

For more information on how **PS-Ultimate Brain Food™** and **The Circulation Solution™** can work together to help you feel your absolute best, just ask your customer service rep about our special trial offer. *You'll be glad you did!*

**SUPER-SIZE
YOUR
HEALTH!**



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.

EXCLUSIVELY FOR VALUED PS CUSTOMERS!

Keep taking the "best nutrient ever tested for memory impairment," plus get four FREE bottles of PS-Ultimate Brain Food™!

But hurry... we must hear from you within the next 30 days!

...For your order of PS—Ultimate Brain Food™—hailed by leading brain expert Dr. Thomas H. Crook, III as, "by far the best of all nutrients ever tested for age-associated memory impairment."

Your decision to order this miracle brain booster is important because Father Time is no respecter of persons when it comes to stealing your mind and memory. But you can help support and improve your memory with PS, recommended in *The Wall Street Journal* as, "an effective memory supplement ingredient."

I'm writing you today for three reasons:

- 1 To remind you to take PS every day**—and to keep taking it. That's how you can help roll back up to 12 years of mental decline... make yourself up to 33% smarter... wake up slumbering brain cells... and even help keep yourself OUT of a nursing home!
- 2 To give you your FREE Special Report: Seven "Brain Killers" That Rob Your Memory and Even Shrink Your Brain!** New research shows how the powerful brain-boosting ingredient in PS helps protect and save you from little-known memory stealers—so your mind can stay healthy and youthful!
- 3 To give you BIG savings when you reorder now.** Reorder PS—Ultimate Brain Food™ with our "Best Offer Yet" and get an additional \$50 Off our 12-bottle offer and FREE Shipping! It's easy to reorder, as you'll now see... (Continued on back...)



Please detach and mail in the enclosed courtesy envelope.

Health Resources Savings Certificate Valid for the next 30 days

YES, I want to take the only nutrient proven in 64 clinical studies to reduce mental decline, improve memory, wake up "dead" brain cells, and boost my brain powers. I want to order more PS—Ultimate Brain Food™ and save up to \$357.19 annually.



Option #1: BEST OFFER YET: I SAVE \$357.19—

Please send me 12 bottles of PS—Ultimate Brain Food™ for just ~~\$339~~ **\$288.96** (includes your \$50 discount). Plus, I receive 4 FREE bottles (a \$159.80 value) and FREE shipping and handling (a \$6.95 value).

Option #2: GREAT VALUE: I SAVE \$137.55—

Please send me 6 bottles of PS—Ultimate Brain Food™ for just **\$189**. Plus, I receive 2 FREE bottles (a \$79.90 value) and FREE shipping and handling (a \$6.95 value).

Option #3: GOOD VALUE: I SAVE \$60.05—

Please send me 3 bottles of PS—Ultimate Brain Food™ for just **\$99.75 plus \$6.95** shipping and handling (a \$39.95 value).

YES! I wish to try **The Circulation Solution™**. Please send me _____ bottles for just **\$9.99** per bottle (regularly \$39.95). I understand that I can order up to three bottles at this incredible introductory price (with my purchase of PS-Ultimate Brain Food™).



For faster service, call
TOLL-FREE 1-800-471-4007
...24 hours, seven days a week!

If phone lines are busy—please keep calling!

Customer Savings Code: _____

Please select your payment option:

Enclosed is my check or money order for \$_____ (Alabama residents please add 4% sales tax. Please make check payable to Health Resources™.)

Please bill my credit card:



Card #: _____

Exp. Date: ___/___/___ Phone: (____) _____

Authorized Signature of Cardholder: _____

Date: _____

(Signature required)

May we have your e-mail address for your order confirmation?

E-Mail Address: _____

Mail To: Health Resources™

P.O. Box 3623
Hueytown, AL 35023

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HR-R195

Please check if your name and address are correct. If not, please correct.

HR-05E250

904 Ploof Drive
Hueytown, Alabama 35023



Is Your Medication Shrinking Your Brain?

**PLUS Six Other Little-Known Brain-Killers that Rob Your Memory...
Erode Your Thinking Ability... and Put Your Independence in Jeopardy!**

**How you can help SUPPORT, SAVE, and BOOST your
mind and memory—with PS-Ultimate Brain Food™!**

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Please open now...

