

Eat The Foods You Love Without Experiencing Digestive Discomfort!

(Yes, even if you have gluten intolerance or other food “sensitivities”!)

Why do certain foods make some people feel great—but send YOU running to the bathroom with gas... cramps... the “runs”... and other digestive problems?

It doesn't seem fair. And it certainly doesn't make a whole lot of sense. How could the same food bring health to some people—and sickness to others? That question has stumped doctors and scientists for decades.

Until now...

Painstaking research has uncovered the REAL reason for your so-called food allergies and sensitivities. And it has nothing to do with you growing older or developing a “sensitive stomach.”

The culprit behind your digestive problems is a little-known protein called lectin. You probably never heard of lectins before you started taking Ultimate Lectin Defense™, but these renegade molecules know YOU very well.

If you eat the typical American diet, your body is probably loaded with them. Lectins are lurking in nearly every food on your plate—including grains (like wheat, rye, and oats)... beans (even soy and peanuts)... nightshade plants (like tomato, potato, eggplant, and peppers)... dairy (such as milk and cheese)... and eggs.

And they've been secretly sabotaging the health of millions of Americans.

The Trouble with Lectins

Lectins are a type of plant protection system. They create a barrier of defense for the plant by attaching themselves to the sugar molecules of enemy invaders—like insects, parasites, and mold.

So if you're a plant, lectins are good and useful. They protect you from harm. But if you're a human being, it's an entirely different story.

The lectins in your body think they're still protecting a plant. So they go instantly into commando mode, seeking out “enemy” sugar molecules to stick to. And these lectin attacks bring you nothing but trouble...

Lectin Trouble #1—They wreak havoc with your digestion!

The cell lining of your digestive tract is loaded with the healthy, powerful sugars your body needs for digestion—which makes it a sitting duck for a lectin attack. The lectins waste no time targeting these gut sugars as “enemies” and attaching to them. And that sets off an all-out war in your gut.

You see... when a lectin sticks to a sugar molecule, that sugar molecule is now viewed as “defective” by your immune system. A signal is quickly sent out to destroy it with white blood cells and their “heat-sensing missiles” called inflammation. This immune system barrage can cause significant digestive distress—and makes your gut feel like it's on fire.

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Your First Line of Defense Against Lectins—Healthy, Balanced Gut Flora!

Lectins are hard to beat, because they're so resilient. They travel through your digestive tract and into your bloodstream virtually untouched—and that leaves them ready and willing to wreak some havoc.

Fortunately, you don't have to battle them alone. You have a potentially powerful "army" inside of you to help win your war against lectins—called probiotics, or "friendly" bacteria.

These "friendly" bacteria line and protect your digestive tract—promoting the production of mucin and secretory IgA. Both mucin and secretory IgA bind to lectins, which prevents them from binding to other cells and causing damage.

Keeping a healthy balance of probiotics in your digestive tract helps you digest foods—and maybe even the lectins themselves—better. Plus, it promotes optimal nutrient absorption and helps keep your bowels healthy and regular.

To make matters worse, your intestinal lining tries to repair itself after a lectin attack by creating new tissue—and this new tissue contains lots of sugar molecules. That attracts ANOTHER onslaught of lectins—and the process starts all over again. Before you know it, you're locked into a never-ending "eat-pain-eat-pain" cycle.

Lectin Trouble #2—They send your immune system into a tailspin!

Lectin attacks can cause tears and breaches in your intestinal lining—allowing bacteria, toxins, undigested fats and proteins, and the lectins themselves to "leak" out into your bloodstream. And that can trigger autoimmune mayhem.

The lectins—attracted to cell surface sugar—get

busy attaching to any tissue they come across. This includes your thyroid... pancreas... and kidneys. In fact, all of your organs and glands are fair game.

Your body reacts to these invaders by launching an immune system attack on the lectins and the otherwise perfectly healthy tissue they're attached to. This can cause untold damage in your body and trigger any number of autoimmune problems—including excessive fatigue, thyroid problems, and joint discomfort.

Lectin Trouble #3—They sabotage your weight loss goals!

Scientists have discovered that lectins can mimic hormones—and this can seriously affect your ability to metabolize foods and burn fat.

Take the hormone insulin, for example. The lectins found in wheat, lentils, green peas, corn, and potatoes mimic it by binding to hormone receptors and stimulating them to store excess carbohydrates (glucose) as fat in your body.

So the lectins can act just like insulin—but there's one HUGE difference...

Insulin disconnects from the receptor when its mission is accomplished—but lectins lock on and don't let go. So the signal to "make more fat" continues non-stop—and you gain weight. But that's not all...

Lectins have been shown to block digestive hormones as well. The wheat lectin gluten can bind to the receptor for cholecystokinin (CCK)—a hormone involved in appetite control. That suppresses your body's "stop eating" signal. So you eat more—and get fat.

But the good news is... you don't have to put up with lectin assaults on your health any longer...

The Easiest, Most Powerful Way To Stop Lectins in Their Tracks

You can try to follow a diet that severely limits your intake of lectins, but here's the problem...

Lectins are everywhere! They're not just in

foods—but in the environment... medicines... cosmetics... and nutritional supplements too. So there's no way you can avoid them.

But you can outsmart them.

Ultimate Lectin Defense™ gives you five “decoy” sugars to attract lectins and eliminate them from your body—before they do you harm. It's like creating a virtual “lectin force field” to help protect your gut—so you can experience optimal digestive health and wellness—again.

These sacrificial sugars work together synergistically to help you combat common causes of food sensitivities... food allergies... digestive distresses... and so much more—and they're safe to take even if you suffer from blood sugar problems. They include...

- **N-Acetyl Glucosamine (NAG)**—This special form of glucosamine binds with disruptive wheat lectins called Wheat Germ Agglutinin (WGA) that create gluten sensitivities—so you can help support your cellular sugars... fight off wheat sensitivities... and save your digestive health.
- **Bladderwrack**—The sugar fucose in this seaweed binds to the Candida yeast and the stomach ulcer-causing bacteria called *H. Pylori*—and helps preserve the cellular sugars that protect your intestinal lining. Plus, bladder-

Lectins are (Almost) Indestructible!

Lectins are found in almost everything you eat. But you can't eliminate them with cooking, broiling, or baking your foods. And most of the time, you can't digest them.

So if you can't destroy them, how are you supposed to stop them from harming your health?

You CAPTURE them—with decoy sugars like the ones you find in **Ultimate Lectin Defense™**—and simply remove them from your body!



“I think **Ultimate Lectin Defense™** is the best I have ever tried. I am not sick every day like before. I can eat almost anything and not get sick. I feel very healthy. I cannot say enough.”

—Donna G., Spokane Valley, WA

wrack helps support thyroid function... boost your metabolism so you can lose weight... and douse inflammation in your body.

- **Okra Powder**—This sacrificial sugar latches onto lectins you already have in your body and sweeps them away. It also helps clear out mucus from your digestive tract... detoxify your gut... and keep your bowels clean.
- **D-Mannose**—This healthy sugar—found in cranberry and pineapple juice—fights off the E.Coli bacteria that can harm your urinary tract. This helps preserve your natural D-Mannose levels and maintain optimal urinary and bladder health.
- **Mucins**—This powerful sugar lines your digestive tract with a slippery “blanket”—so you can protect yourself against yeast, bacteria, and even food sensitivities... and keep your entire G.I. tract in tip-top shape.

Plus... you get Sodium Alginate to help sweep away the trapped lectins and Pepsin to help break down proteins for optimal digestion.

The “Digestive Insurance” You Need To Enjoy Eating Again

Ultimate Lectin Defense™ isn't a magic pill that will allow you to toss your gluten intolerance aside and eat a whole loaf of bread in one sitting without consequences. You're still going to have to be careful if you have food sensitivities.

But this remarkable, all-natural formula does latch on and neutralize lectins that you may come in contact with in your daily eating habits. And before long, you may find yourself tolerating more

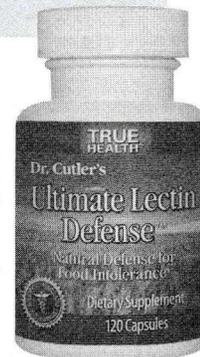
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Even healthy foods contain lectins...

"In 1980, Nachbar and Oppenheimer at New York University found that the edible parts of 29 of 88 foods tested—including fresh fruits, roasted nuts, and processed cereal—were found to possess significant lectin activity."

Bet you're eating many of these foods each and every day! That's why you need **Ultimate Lectin Defense™**.

Ultimate Lectin Defense™
does not interfere with
your body's cellular sugar
production to create energy.
And it's safe to take even if
you suffer from blood sugar
problems!



foods—and getting your worst digestive problems under control.

With Ultimate Lectin Defense™, you can help...

- ✓ Reduce—or even eliminate—food sensitivities...
- ✓ Say goodbye to annoying digestive problems—like constipation, gas, and cramps...
- ✓ Promote weight loss through improved metabolism and energy...
- ✓ Soothe achy joints, muscles, and organs...
- ✓ Put an end to skin outbreaks and unexplainable rashes...
- ✓ Reduce inflammation and improve immune function...
- ✓ Eat out at restaurants and friends' homes again—without worry...
- ✓ And much more!

Feel Better Than You Have in Years— Starting NOW!

When you take Ultimate Lectin Defense™ regularly with your meals, you get immediate and regular relief from food allergies and sensitivities... digestive discomforts... skin

outbreaks... and joint pain—GUARANTEED.

So go ahead. Eat at the homes of friends... dine in restaurants... and enjoy the foods you love—without worry. Ultimate Lectin Defense™ is on the job, nabbing nasty lectins before they can do you harm.

For information about ordering Ultimate Lectin Defense™, please call True Health™ Toll-Free at 1-800-746-4513.

100% Unconditional Lifetime Money-Back Guarantee

Try Our Products Completely Risk-Free!

I'm so confident that you'll benefit from our quality nutritional products that we offer this 100% Guarantee. If you are not completely satisfied with our products, you can return the unused portion at any time and receive a 100% refund. NO questions asked. This is a Lifetime Guarantee of Satisfaction!

Michael Cutler M.D.

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TH-NL319

Yours Free... A Personalized Digestion Improvement Plan and Doctor's Recommendation...

Dear Valued Customer:

I am writing today to congratulate you for choosing Ultimate Lectin Defense™. You've taken an important first step toward experiencing optimal digestion -- and feeling better than you have in years.

You're probably already noticing a difference. In fact, there's a good chance you're finally enjoying your favorite foods again -- without worrying about triggering digestive misery... joint discomfort... mysterious rashes... and other health problems.

That's because the Ultimate Lectin Defense™ capsules you've been taking have been neutralizing the hidden gluten and other nasty lectins in the food you eat -- so you can experience fast and lasting relief from a host of digestive and health problems.

But to keep these powerful health benefits coming -- and help guard your intestinal walls... delicate skin... and overworked joints -- you need to continue to take Ultimate Lectin Defense™ with your meals.

With that in mind, I'm making a doctor's recommendation for how to best maintain your supplementation with Ultimate Lectin Defense™. I've also created a handy chart to help you track your progress, so you can see the improvements in your digestion and overall health with your very own eyes.

It's all part of your Personalized Digestion Improvement Plan -- included with this letter.

But before I show you how to use it, I want to tell you how other folks are doing with Ultimate Lectin Defense™. One thing's for sure... these people are thrilled with the benefits they're getting -- and intend to stick with this remarkable supplement in the coming months.

Take Mary Ellen B. from New York, for example. She writes...

"I had loose bowel movements for two months prior to taking your Ultimate Lectin Defense™. I also had so much gas. As soon as I started to take this wonderful product, all my symptoms stopped. I love this product and will never be without it."

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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.

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.

And Vilia H. from Pennsylvania can't stop singing Ultimate Lectin Defense™'s praises...

"After 18 years, free at last! The first day, my stomach receded to the point of being able to button my slacks! I looked two months pregnant. I had part of my colon removed. Not needed! However, I'm thrilled to eat normal again. God bless Dr. Cutler. I've told many friends."

I'm always excited to hear success stories like these. Imagine suffering for months -- or even years -- with annoying (and embarrassing) digestive problems -- and finally getting fast, lasting relief!

But that's the beauty of this amazing supplement. By taking Ultimate Lectin Defense™ daily with your meals, you get the sacrificial sugars you need to create a "force field" against lectin attacks.

Remember... these sacrificial sugars are "decoys." They are only used to attract lectins. That means they don't interfere with your body's cellular sugar production to create energy. And they're safe to take even if you suffer from blood sugar problems.

Lectins are attracted to these sacrificial sugars like moths to a flame. And once they are attached, your body can easily remove these lectin-locked molecules and keep them from causing you harm.

So you can see why folks are committed to taking Ultimate Lectin Defense™ for the long haul. It allows them to eat at restaurants... in the homes of friends... and pretty much *anywhere* -- without worrying about hidden gluten triggering an embarrassing (and uncomfortable) digestive episode.

Robert G. of North Carolina puts it this way...

"I am very pleased with my purchase of Ultimate Lectin Defense™. It has provided me with the ability to eat foods that may contain gluten in the ingredients. Now I have more food choices when I go out to eat or have a meal with family and friends. Before, I opted not to attend lunches or dinner invites due to my intolerance for gluten foods. Thank you for giving me the freedom to eat my favorite foods!"

You see... even if you're on a strict gluten-free diet, you can still come in contact with gluten. It's hidden in sauces... alcohols... medicines... cosmetics... vitamins... supplements... and more. So Ultimate Lectin Defense™ is like your "digestive insurance." It attracts any renegade gluten that slips into your diet and removes it before it can make you sick.

Erika C. of Florida is thrilled with how Ultimate Lectin Defense™ works. She writes...

"It is a Godsend! I'm sensitive to gluten and sugar. I take two pills before I eat, mostly just minutes before. I have no gas, no cramps, and no stress about the after-effect of the food I ate. I can eat anything without any problems."

And Mary B. of Alabama is finally feeling "normal" again...

"Since it is virtually impossible to eat totally gluten-free, Ultimate Lectin Defense™ was a real blessing for me. I had all of the symptoms of

irritable bowel, colitis, spastic colon -- take your pick. By learning which foods were highest in gluten and trying to avoid them -- and with two Ultimate Lectin Defense™ tablets before any meal -- I found that within two months, I am normal. Thank you so much!"

But Ultimate Lectin Defense™ isn't just for folks with gluten intolerance. It works wonders if you're experiencing regular digestive distress due to food allergies and other sensitivities too.

For Judith H. of South Carolina, it's been a real life-changer. She's finally found relief for her digestive problems -- despite being allergic to 25 different foods...

"Ultimate Lectin Defense™ has helped stabilize my stomach after I had a blood test done that found I was currently allergic to about 25 food items. After eliminating the major items and continuing with Ultimate Lectin Defense™, I am feeling much better and can enjoy looking forward to my next meal. Thank you for your help. I got your literature in the mail at the right time."

Carl M. of Illinois no longer stays up all night burping. He says...

"Ultimate Lectin Defense™ is pure gold. I'm 79, and my problem is food allergies with cabbage and Brussels sprouts. After eating these, I would burp all night. Now, I can sleep, and wake up refreshed. Thank you."

And Eileen B. of Arkansas can finally eat out without worry...

"I have a lot of food allergies. Ultimate Lectin Defense™ is the first supplement that has worked for everything. I can eat out without worry."

With Ultimate Lectin Defense™, lectins will no longer wreak havoc with your health. Digestive problems that have plagued you for years improve... itchy rashes vanish... joint discomforts ease... and your energy levels soar through the roof.

And these folks couldn't agree more!

Elizabeth M. of Texas has said goodbye to her joint troubles...

"I've been taking Ultimate Lectin Defense™ for three weeks. Before I started it, I had to be very cautious about eating pasta and bread because the next day my joints would hurt. Now I have been able to enjoy bread and pasta several times a week with no problems at all. It's amazing!"

Stephen T. of Maryland has found relief for his sinus problems...

"Ultimate Lectin Defense™ has brought me significant relief from painful sinus congestion and inflammation. It beats conventional nasal spray. Many thanks."

And for Delores S. of Washington, Ultimate Lectin Defense™ is nothing short of a miracle...

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Individual results may vary.

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"My life has been completely changed! For 35 years, doctors have been telling me the explosion noises in my head were a form of migraine. After three days of Ultimate Lectin Defense™, the noises were gone. Now I can eat and sleep so much better. It is a miracle."

These satisfied customers believe it -- and I believe it too!

Ultimate Lectin Defense™ is a safe and effective key to optimal digestive health. In fact, because I'm so sure you'll get tangible, noticeable results from this supplement, I'm asking you to monitor your own progress.

That way, you can prove the incredible benefits to yourself.

Take a look at the enclosed Doctor's Recommendation for the best way to maintain your supplementation. Then, tack your Progress Report on your bulletin board or fridge so you can follow the positive changes in your digestion and overall health for yourself.

Also included with this plan is my Free Report "Eat the Foods You Love -- Without Experiencing Digestive Discomfort" (a \$19.95 value -- yours FREE!). This must-read report contains the latest news about health-wreaking lectins -- and reveals how to defeat them safely and naturally.

And last, but certainly not least -- I'm offering you a limited-time savings on Ultimate Lectin Defense™. Order your next supply today and get an extra \$50 Off our "Best Offer Yet" -- and save up to \$357.19 annually. But please act now -- this offer is only good for 30 days.

Remember -- if you don't get better and better results the longer you take this product, I'll refund every cent of your money -- no questions asked!

I hope to be getting a letter from you soon -- telling me just how much Ultimate Lectin Defense™ has improved your health... and more importantly, your life!

Sincerely,



Michael Cutler, M.D.

P.S. Because you've already started with Ultimate Lectin Defense™, I'm making you a special offer on your next supply. Order right now and get \$50 Off with your "Best Offer Yet" -- and save up to \$357.19 annually! But please do it quickly, because this limited-time offer lasts only 30 days!

P.P.S. Enclosed with this letter is your Personalized Digestion Improvement Plan. Check out my "Doctor's Recommendation" on how to best maintain your supplementation with Ultimate Lectin Defense™ and post the Progress Report on your fridge to follow your own improvements.

Thank You Deanna Blanchard

Reorder Your Ultimate Lectin Defense™ Today and Get an Extra \$50 Off Our Best Offer Yet!

It's all part of your Personalized Digestion Improvement Plan!

Because you're a valued customer who understands the health-transforming power of Ultimate Lectin Defense™ and is regularly using this remarkable formula in your daily life, I want to give you a limited-time offer on your next supply of Ultimate Lectin Defense™. When you order right now, you can get FREE gifts and savings up to \$357.19! Plus now you can BOOST YOUR BENEFITS even more! (Keep reading to find out how...)

Hurry, this offer is available for the next 30 days. Take advantage of one of these four options today...

Total Savings
Value of
\$357.19
Annually!

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

Check Option #1 below and we'll send you 12 bottles of Ultimate Lectin Defense™ for ~~just \$339~~ **\$288.96** (a savings of \$190.44, includes your \$50 discount) along with 4 FREE bottles (a \$159.80 value) and FREE shipping and handling (a \$6.95 value).



Save
\$137.55!

Option #2: GREAT VALUE: I SAVE \$137.55! Check Option #2 below and we'll send you 6 bottles of Ultimate Lectin Defense™ for **just \$189** (a savings of \$50.70) along with 2 FREE bottles (a \$79.90 value) and FREE shipping and handling (a \$6.95 value).

Please detach and mail in the enclosed courtesy envelope.

See options #3 and #4 on the reverse side.

TRUE HEALTH™ CUSTOMER SAVINGS CERTIFICATE

YES, I want to continue my digestion improvement plan, so I can neutralize dangerous lectins before they cause me harm—and eat my favorite foods without digestive distress.

Option #1: BEST OFFER YET: I SAVE \$357.19!—Please send me 12 bottles of Ultimate Lectin Defense™ for ~~just \$339~~ **\$288.96** (includes your \$50 discount). Plus, I also 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 Ultimate Lectin Defense™ for **just \$189**. Plus, I also 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 Ultimate Lectin Defense™ for **just \$99.75 plus \$6.95** Shipping and Handling along with one FREE bottle (a \$39.95 value).

Option #4: TRIAL OFFER—Please send me one bottle of Ultimate Lectin Defense™ for **just \$39.95 plus \$6.95** Shipping and Handling.

**For Quicker Service,
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1-800-746-4513!**



Please select your payment option:

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

Please bill my credit card:

Save
\$60.05!

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

Check Option #3 (reverse) and we'll send you 3 bottles of Ultimate Lectin Defense™ for **just \$99.75 plus \$6.95** shipping and handling. Plus you get one FREE bottle (a \$39.95 value).

Option #4: TRIAL OFFER

Check Option #4 (reverse) and we'll send you one bottle of Ultimate Lectin Defense™ for **just \$39.95 plus \$6.95** shipping and handling.

100% Unconditional Lifetime Money-Back Guarantee

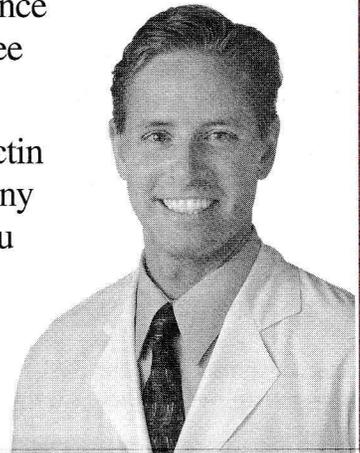
You Will Feel the Difference Ultimate Lectin Defense™ Makes—Or it's FREE!

I'm positive Ultimate Lectin Defense™ can help you experience optimal digestive health, so it comes with the strongest guarantee possible...

If you're not absolutely thrilled with how great Ultimate Lectin Defense™ makes you feel, simply return the unused portion at any time. And True Health™ will promptly refund 100% of what you paid—NO questions asked.

Michael Cutler M.D.

Michael Cutler, M.D.



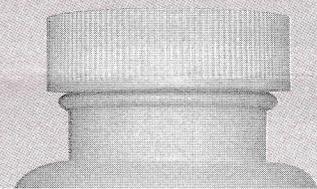
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Ultimate Lectin Defense™
The "Digestive Insurance" You Need To Enjoy Eating Again!

Ultimate Lectin Defense™ delivers all-natural support to combat rogue lectins that wreak havoc on your digestive system—so you say goodbye to...

✓ Food Sensitivities!

✓ Gastric Reflux!



TH-05E133

Dr. Michael Cutler
P.O. Box 3703
Hueytown, AL 35023



For my valued customers only...

**Inside—Your Personalized Digestion Improvement Plan.
Plus Find Out How to Save \$50 Off Your Order! *(See Details Inside...)***

