

# HEALTHY READING

## ■ THE ARTHRITIS CURE

"After two months on this remedy..... I have stopped limping, I am playing tennis and ice skating with less pain and my knees have stopped swelling".  
- Jane Brody's "Personal Health" column in The New York Times.

Read the No. 1 New York Times Bestseller that's already changing the lives of Millions of Arthritis sufferers!  
It's true - after years of suffering from degenerative arthritis, millions of Americans have finally begun to find relief. And you can, too! No longer do you have to endure the unpleasant side effect of painkillers or steroids. The surprisingly simple, inexpensive, and powerful answer lies in The Arthritis Cure.

### Suffer

There's no reason to suffer anymore!

Learn how to use a nine-point program that includes a combination of two over-the-counter nutritional supplements - glucosamine sulfate, to help the body rebuild cartilage, and chondroitin sulfate, to protect joints from "cartilage-chewing" enzymes - to halt, reverse, and possibly even cure degenerative arthritis sufferers around the world, this revolutionary method is safe, easy, and proven effective. Stop suffering and start living today!

Includes critical information on dosages and brands, plus a powerful nine-point program to combat arthritis pain.  
**COST £9.99**

THE #1 NEW YORK TIMES BESTSELLER  
THE MEDICAL MIRACLE THAT CAN HALT, REVERSE, AND MAY EVEN CURE OSTEOARTHRITIS

## THE ARTHRITIS CURE

"Arthritis treatment will never be the same!"

Jason Theodosakis, M.D., M.S., M.P.H.  
Brenda Adderly, M.H.A. & Barry Fox, Ph.D.

## ■ REVERSING HEART DISEASE

"DR. DEAN ORNISH'S WORK COULD CHANGE THE LIVES OF MILLIONS ..... At the end of the year, most patients reported that their chest pains had virtually disappeared: For eighty-two percent of the patients, arterial clogging had reversed. They started to feel better almost immediately, and today they feel great. Dr. Ornish's patients are thrilled with their new lives. By the standards of conventional medicine, the impossible has happened."  
- Newsweek

Dr. Dean Ornish is the first clinician to offer documented proof that heart disease can be halted or even reversed simply by changing your lifestyle.

Based on his internationally acclaimed scientific study which has now been ongoing for four years, Dr. Ornish's program has yielded amazing results. Participants reduced or discontinued medications; their chest pain diminished or disappeared; they felt more energetic, happy, and calm, they lost weight while eating more; and blockages in coronary arteries were actually reversed.

### Breakthrough

In this breakthrough book, Dr. Ornish presents this and other dramatic evidence and guides you step-by-step through the extraordinary Opening Your Heart program, which is winning landmark approval from America's Health insurers.

The program takes you beyond the purely physical side of health care to include the psychological, emotional, and spiritual aspects so vital to healing. This book represents the best modern medicine has to offer. It can inspire you to open your heart to a longer, better, happier life.

"Whether or not you think you'll ever be concerned about your heart, this is likely to be the most useful book about health you'll read this year, maybe ever" - John Poppy Health Columnist, Esquire.

**COST £5.95**

THE NEW YORK TIMES BESTSELLER

## DR. DEAN ORNISH'S PROGRAM FOR REVERSING HEART DISEASE

The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery

Revolutions results

The program based on the landmark research first published in the Journal of the American Medical Association

## ■ CREATINE FOR MUSCLE AND STRENGTH

Dr. Colgan consults and lectures for many organisations including the US National Institute on Aging, the New Zealand Government, Twin Laboratories Inc, Welder Health & Fitness, Usana, Matracuticals, and Digital Equipment.

His professional memberships include the American College of Sports Medicine, the New York Academy of Sciences, and the British Society of Nutritional Medicine. He is also on the Council of International American Association of Clinical Nutritionists, the certifying

authority for clinical nutritionists. Dr. Colgan has published numerous titles of them bestsellers, including Prevent Cancer Now (CI Publications), The New Nutrition (Apple), and the recent bestseller Hormonal Health (Apple).

He is currently working on several books including The Sports Nutrition Guide (Apple), The Power Program (Apple) and is the Editorial Director of the COLGAN CHRONICALS News Journal (Apple).

**COST £3.49**

CREATINE MUSCLE STRENGTH

Enhancing muscular functioning, this safe, natural dietary supplement helps athletes achieve better performance and strength quickly.

Richard A. Passwater, Ph.D.

Good Health Guides: Published regularly to give you the newest and best available information on health topics of major importance, written by leading physicians and other health practitioners, researchers and expert reporters.

**COST £3.49**

## ■ CREATINE

★ 'Enhancing muscular functioning, this safe, natural dietary supplement helps athletes achieve better performance and strength quickly.'

★ Good Health Guides: Published regularly to give you the newest and best available information on health topics of major importance, written by leading physicians and other health practitioners, researchers and expert reporters.

**COST £3.49**

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Richard A. Passwater, Ph.D.

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**COST £3.49**

# For those who want results 3 Life-changing Audio Tapes

## A Start a new life today!

Two tapes which can change your life for the better. These Educo tapes cover:

- Secret of Success
- Communication
- Friendship
- Business
- Popularity
- Confidence
- Relationship
- Reality
- Happiness
- Using more of your mind
- Intelligence
- You as an Unlimited Source from which can be mined a new life

## EDUCO - The New Mind Technology

Educo means 'I draw out'. These two tapes outline how you can draw out the real you, your success potential and the life of your dreams from within your mind.

**£15.00**

Double audio tape set

## B Relaxation with a purpose

The material on this tape is responsible for hundreds of results every single week in the areas of:

- Business
- Self - and Life - Improvement
- Self-Healing
- Health

## From Stress to Success

Combines Mental Relaxation with your goals. Most people are caught up in some sort of stress, tension, worries, fears, problems, phobias, complexes etc. What this tape does is help you to relax to a deep level not only physically but mentally. This can enable you to dissolve mental obstructions that may be blocking your self-expression, success potential and even your self-healing ability.

EDUCO THE NEW MIND TECHNOLOGY

RELAXATION WITH A PURPOSE

The deep muscle-relaxation technique on this tape is responsible for hundreds of results every single week in the areas of: Business, Self- and Life - Improvement, Self-Healing, Health.

Dr. George Decker, Author, The Spiritual Knowledge of Yoga and the Knowledge of Psychology in Yoga

**£7.50**

Single audio tape

## Ground Breaking Nutritional Developments from Tony Quinn Health Stores

**Brain & Muscle Complex (30's)**  
**£29.90**

**Atomidine Iodine Concentrate**  
**£12.95**

**Natural Prostate Formula**  
**£24.95**

**Red Clover Leaf (Trinovin) Male/Female Formula**  
**Both £19.95**