

# HEALTHY READING

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 Adelderly, M.H.A. & Barry Fox, Ph.D.  
FOREWORD BY Arvid Carlsson, M.D.

the body rebuild cartilage, and chondroitin sulfate, to protect joints from "cartilage-chewing" enzymes - to halt, reverse, and possibly even cure degenerative osteoarthritis. Backed up by years of research and long used by 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 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 Best-seller 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

# ACNE

SEVEN years ago I developed acne on both my face and back. This made me depressed and seemed to affect my whole life in a completely negative way. I began trying creams and face washes but they had no effect.

I visited my doctor who gave me antibiotics and a cream but again this failed to bring results. I went to a dermatologist who gave me another cream which seemed to be burning my skin and this did not work either.

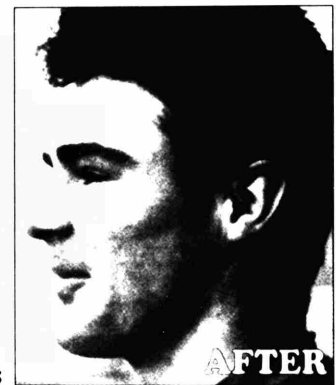
I was absolutely miserable. I visited your store in Rathmines where I was given a short list of foods to avoid and told to eat a more balanced diet which included fresh fruit, fresh raw salads and lean meat. I was told to include the food supplement Special Liver Formula and Brewer's Yeast Powder (not tablets) which I took twice daily.

Calcium and Magnesium tablets were added to the list.

My skin began improving after the second week and then after the fourth week my skin had dramatically improved. It is now completely clear and there is a healthy glow to my face. I feel really healthy and full of energy. I believe that the change in diet and especially the Special Liver Formula helped improve my health and wellbeing.

Dave McGlynn, Dublin

**LIVER FORMULA: One months supply £14.95**



**Special Note:** Under no circumstances are we suggesting that the products featured in this newspaper should take the place of medical treatment. However we believe that they may be a useful addition to any health programme. These products have not been medically proven in clinical tests.

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AMINO-OR & AMINO ENERGISE (3 month's supply)	£112.00		
AMINO-OR (1 month's supply)	£14.95		
AMINO ENERGISE (1 month's supply)	£26.95		
A-RITE (90 caps)	£29.95		
A-RITE (180 caps)	£57.00		
BRAIN AND MUSCLE COMPLEX (30s)	£29.90		
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