

# Amazingly Simple Solutions for Great Health

**P**harmaceutical companies rake in billions of dollars each year from drug sales. In fact, during 2010, **pharmaceutical sales topped \$300 billion!**

It's little wonder they routinely rank high on the *Forbes 500* list of America's top industries.

But make no mistake—these drug giants stay in business by inventing products to keep you sick!

This is why the nation stumbles from one health crisis to another. And these killer diseases—such as heart disorders, diabetes and cancer—seem unstoppable. But the truth is...

...You can help protect your health with natural, healthy solutions! Mother Nature provides an abundance of nutrients to help you build and protect a healthy mind and body.

The vitamins and nutrients from the foods you eat are part of the grander plan for your optimal health. But sometimes you don't get enough of the proper nutrition from foods alone.

You can boost your intake of healthy nutrients with specific nutrient supplements. These simple remedies can help you jump start your energy... reduce joint and muscle pain... clobber heart problems... decrease blood sugar levels... and lower your blood pressure.

In this report you'll discover 10 simple remedies—some of which could be on your shelves **RIGHT NOW**—that can help you cure 100 health problems!

You'll be amazed at how easy it is to restore and preserve your health. But you'll need to think "outside the box"—the prescription medicine box, that is!

So what are some of the best nutrients to help improve your health?

## **CoQ10—The Body Battery Charger!**

Your heart is a super pump that beats approximately 100,000 times each day to nourish your body with oxygen-rich blood. In fact, the energy your heart needs to pump

over 50 years could lift a battleship that weighs more than 60,000 tons out of the water!

This powerful muscle needs lots of energy to maintain a healthy rhythm. Coenzyme Q10 (formerly called ubiquinone, now shortened to CoQ10) is the energy spark your heart cells need to turn fuel into energy.

Your body produces CoQ10 and you can also get it from foods like salmon, broccoli, spinach and nuts. But over time, CoQ10 levels drop naturally as we age—which can cause serious health problems...

Since CoQ10 is needed in the chain of events that produces energy, reduced CoQ10 levels may lower energy production in all your body cells.

And because your heart needs about 10 times more CoQ10 than any other cell in your body—lack of CoQ10 can even lead to heart death!

Various clinical studies show that boosting your body's supply of CoQ10 can help you:

- Protect your body cells from oxidation and free radical damage
- Help regulate blood pressure
- Defend heart cells against chemotherapy drug damage
- Improve bleeding, swelling or pain in diseased gums
- Nourish and protect your skin
- Strengthen brittle hair
- Increase sperm count
- Prevent migraine headaches
- Improve heart function after surgery
- Slow down dementia and memory loss
- And much more!

CoQ10 is like Mother Nature's "Energizer Bunny!" This amazing nutrient provides

energy to your whole body—so you can keep going, and Going, and GOING!

As remarkable as the CoQ10 nutrient is—there's another natural remedy that helps regulate many essential body functions...

## **Magnesium—The Total Body Regulator!**

Magnesium is an essential mineral needed for a variety of body functions. It helps your body absorb calcium—which is critical to building strong bones and teeth. It is also vital for maintaining a healthy heart, relaxing muscles and more.

Dr. Mildred Seelig and Dr. Andrea Rosanoff identified several key roles of this important nutrient in their book, *The Magnesium Factor*. Their research shows magnesium can help:

- Stabilize your heart rhythm
- Prevent abnormal blood clots in your heart
- Maintain healthy blood pressure levels
- Lower the risk of a heart attack or stroke
- Reduce the risk of developing osteoporosis
- Improve nerve and muscle function
- Regulate blood sugar levels
- Open constricted lung airways to improve breathing
- Help you enjoy more restful sleep
- Strengthen tooth enamel
- Protect your hearing from excess noise
- Improve body absorption and use of vitamin B6 and cholesterol
- Improve parathyroid function
- And much more!

You can boost your magnesium intake by eating plenty of green vegetables, nuts and

whole grains. But the key is to eat a variety of foods—and possibly take a nutritional supplement—to ensure you’re getting total body protection!

Both CoQ10 and magnesium are essential for maintaining a healthy heart. There’s another critical nutrient to add to this list...

### **EDTA—The Artery Scrubber!**

The all-natural solution for a healthier heart is called chelation. Pronounced “key-LAY-shun,” this process is a medically proven treatment for the safe removal of lead and other heavy metal deposits. The term chelation comes from the Greek word *khele*, which means “claw.” Chelation claws and grabs dangerous substances out of your arteries and literally scrubs your arteries clean!

Chelation’s miracle worker is a remarkable substance called ethylene diamine tetra-acetic acid—“E-D-T-A” for short. EDTA is an amino acid that attaches itself to life-threatening plaque and cholesterol deposits on the walls of your arteries.

In 1955, research conducted at the Providence Hospital in Detroit found that EDTA also binds itself to calcium deposits in your joints, kidneys and the bones of your inner ear. After EDTA “claws” these unwanted particles out of your body, they are flushed effortlessly through the kidneys and urine.

But the benefits don’t stop there! This miracle substance also eliminates harmful toxins that can negatively impact your brain health too!

Just like cholesterol and calcium deposits can clog up in your arteries, toxic metals such as lead can also build up in your brain!

Long-term exposure to low levels of lead can contribute to kidney and heart disease, cancer and damage to the brain and central nervous system.

EDTA has physical and chemical properties that latch on to heavy metals such as lead and mercury. It binds itself to these poisonous particles—and flushes them out of your body!

Removing these toxins from the blood stream protects the brain and central nervous system from their harmful effects. This leads to:

- Removal of calcium plaque in the arteries
- Better concentration—and fewer “senior moments”
- Increased memory power
- Stronger and healthier brain cells
- Restoring impaired vision
- Healthier joints and cartilage
- Improved cardiovascular function
- Healthy blood sugar levels
- Improved memory cognitive function
- Relief from varicose veins
- Balanced cholesterol levels
- More flexible arteries
- And much more!

Chelation is nature’s simple solution for helping eliminate heart-damaging plaque and brain draining heavy metals. If you’re over 50, EDTA oral chelation may be your best “health insurance” ever!

### **Nattokinase—The Blood Clot Buster!**

Recently, American researchers have discovered the benefits of a 1,000-year-old Japanese remedy for dissolving harmful blood clots. This all-natural clot buster is called nattokinase (pronounced “NAH-toe-KEN-ase”) and it’s a remarkable enzyme commonly used in Japanese cooking.

The main component of this enzyme is

natto (pronounced “NAH-toe”)—a fermented cheese-like food made from boiled soybeans and active bacteria.

The natural nattokinase enzyme softens and dissolves blood clots so they can be flushed out of your body before they can harm you. Nattokinase also pumps up the production of your body’s own clot-dissolving enzymes.

This enhanced clot-dissolving ability can help:

- Prevent hardening and narrowing of artery walls
- Dissolve heart-damaging blood clots
- Increase healthy blood flow and improve circulation
- Prevent blocked and bulging veins
- Clear fuzzy thinking
- Reduce high blood pressure
- Enhance bone density
- Help relieve joint pain
- Provide antibacterial protection from disease
- And much more!

If you’re taking blood thinners, be sure to consult your doctor before taking nattokinase. You should have blood work done to determine the current level of clotting in your blood and to monitor your progress.

Also, check with your doctor or natural healing physician before taking nattokinase with other supplements that can affect blood clotting, such as fish oil, vitamin E and garlic.

Nattokinase is a safe and natural way to help dissolve damaging blood clots and to help keep the “river of life” flowing freely through your arteries and veins!

### **Omega-3s—The Healthy Cholesterol Booster!**

According to the American Heart Association, more than 105 million Americans have

cholesterol levels higher than those considered healthy. For many folks, just mentioning the **word** “cholesterol” makes them cringe in fear.

But it might surprise you to know that not all cholesterol is bad. Your body actually makes cholesterol to help produce hormones... help your liver produce bile to digest fats... stabilize cells in all your body tissues... and perform other necessary functions.

In addition to the cholesterol your body produces—you also get cholesterol from eating foods high in saturated fats, such as meat and dairy products.

A blood cholesterol test will measure amounts of:

- **Low density lipoprotein (LDL)**—sometimes called “bad cholesterol;” your LDL number should be under 100
- **High density lipoprotein (HDL)**—often called “good cholesterol;” your HDL number should be 40 or higher
- **Triglycerides**—technically, triglycerides are not cholesterol; but they are included in the profile as high levels of triglycerides and can also indicate an increased risk of heart disease

The medical establishment says a combined LDL and HDL cholesterol number (total cholesterol) above 240 means your blood contains fats that could block your blood vessels—and potentially cause a heart or brain disaster!

The pharmaceutical industry offers statin drugs as a “cure” to lower cholesterol levels. But uncomfortable—and sometimes dangerous—side effects cause many people to abandon these treatments to help restore their health!

A July 2006 study published in the *American Journal of Clinical Nutrition* shows fish oils (omega-3s) are more effective than the statin drug Lipitor® in positively increasing levels of HDL (good) cholesterol in obese and insulin-resistant men.

The six-week study involved 48 men who received fish oil and Lipitor®—both separately and combined. The report said Lipitor® and fish oil combined had a dramatic effect on triglycerides and even increased HDL cholesterol.

When given fish oil only, both breakdown and production of HDL cholesterol changed. This effect was not evident from Lipitor® alone!

Omega-3s have been proven effective at:

- Reducing inflammation throughout your body
- Maintaining the fluidity of your cell membranes
- Lowering the amount of fats in your bloodstream
- Preventing excess blood clotting
- Preventing hardening of your arteries
- Reducing the risk of obesity
- Improving your body's response to insulin
- Helping prevent abnormal cell growth
- And much more!

Now that you know about the HDL cholesterol booster, get ready to meet its partner in maintaining heart health!

### **Policosanol—The “Bad” Cholesterol Bruiser!**

In a 2002 study involving more than 3,000 heart patients, researchers concluded that policosanol is a promising alternative to statin drugs.

So what is this natural wonder that's pinning statin drugs to the mat? Policosanol is a mixture of fatty alcohols derived from sugar cane wax. A number of controlled studies have shown that policosanol is an effective way to reduce high LDL (“bad”) cholesterol levels.

In one study, participants received 20 mg or 40 mg per day of policosanol or a placebo for

six months. Total cholesterol and LDL cholesterol decreased significantly and HDL cholesterol increased in both groups receiving policosanol. None of the cholesterol readings changed in participants who took a placebo.

And what's even better is neither group reported any negative side effects from taking policosanol. This is a major difference with statin drug users who report side effects ranging from fatigue and stomach cramps to nerve damage and memory loss!

In addition to its cholesterol-lowering benefits, policosanol can also help to:

- Improve lower leg pain in people with hardened leg arteries (intermittent claudication)
- Act as a blood thinner to prevent harmful clots
- Reduce elevated cholesterol levels common to people with blood sugar problems
- Balance overall cholesterol levels
- Prevent chronic fatigue
- Boost your energy levels
- And much more!

If you're concerned about lowering your blood cholesterol—and don't want to mess around with statin drugs—you might consider policosanol as a safe and natural alternative!

Now let's consider a nutrient that can help protect your brain—and keep your mind sharp as you age!

### **PS—The Essential Brain Food!**

An astonishing 76 percent of Americans suffer from memory lapses and decreased alertness. Some start to experience memory problems as young as 30 years old!

Medical experts agree some memory loss is a normal part of aging. But natural deterioration

doesn't mean you're powerless to prevent brain fog from clouding YOUR memory.

You can feed your brain with revitalizing nutrients to stop the clock on brain aging and boost your brain activity! More than 60 human studies and more than 3,000 scientific papers confirm a remarkable nutrient has been proven effective to boost brain power and slow memory loss.

This naturally occurring nutrient is called **phosphatidylserine** (pronounced FOSS-fah-ty-dul-SAIR-eeen)—PS for short.

PS is found in all of your body cells and makes up about 70 percent of your cell membranes. Your brain contains the heaviest concentration of this vital nutrient.

Several clinical studies prove PS has a positive impact on slowing mental decline and improving memory function. For example, researchers at Vanderbilt University, the Memory Assessment Clinic in Bethesda, M.D., and ExPharma of Italy conducted a study with 51 people ages 55 to 85.

Participants took either 300 mg of PS or a placebo every day for 12 weeks. At the end of the study, subjects who took PS experienced significant improvement in:

- Recalling details of the previous day's events
- Remembering names of familiar people
- Identifying locations of frequently misplaced objects

In addition to helping boost your memory, PS can help you:

- Slow aging by decreasing cortisol production
- Improve your overall mood
- Increase your ability to handle anxiety and stress
- Improve your concentration and focus

- Fight seasonal depression
- Sharpen your memory and learning ability
- And much more!

PS is the ultimate brain food to help improve your mental clarity naturally!

### **Green Tea—The Antioxidant Wonder!**

Asian cultures have long appreciated the health benefits of green tea. In fact, one ancient Chinese proverb states:

*“Better to be deprived of food for three days, than tea for one.”*

Western cultures are beginning to recognize the health-preserving benefits of green tea. Researchers now know green tea is a powerful antioxidant—with compounds that can shield you from many harmful diseases.

One of these compounds is EGCG—a substance with 25 to 100 times the antioxidant power of vitamins C and E! In fact, research shows just one cup of green tea has more antioxidants than a serving of broccoli, spinach, carrots or strawberries.

EGCG prevents abnormal cell growth, especially in your prostate, breasts and lungs. What's more, green tea has been proven helpful at:

- Protecting joints against osteoarthritis
- Preventing total body inflammation
- Lowering your LDL cholesterol and triglyceride levels
- Preventing excess hormone activity
- Shielding your body from abnormal cell growth
- Protecting against lung cancer
- Aiding weight loss
- Improving your metabolism
- Boosting your immune system

- Destroying food bacteria that can poison your system
- Improving skin cells
- Preventing tooth decay
- And much more!

### **Milk Thistle—The Liver Cleanser!**

Your liver is like a “traffic cop” for many activities that occur in your body. For example, it eliminates or neutralizes toxins and unwanted chemicals or byproducts of metabolism from the blood. It also plays a role in controlling infection.

The liver also produces proteins that regulate blood clotting. What’s more, it produces bile to help absorb fats and fat-soluble vitamins.

Ancient Romans and Greeks often used the herb milk thistle as a remedy for liver problems. Many modern medical practitioners also believe milk thistle is one of the most effective herbs for relieving liver disorders and related problems.

Milk thistle comes from a plant native to regions in the Mediterranean, Asia, Africa and North America. It contains a chemical substance called silymarin, which is believed to help:

- Cleanse and detoxify your liver
- Relieve inflammation of liver cells (hepatitis)
- Treat symptoms of a scarred liver (cirrhosis) from excess alcohol consumption
- Stimulate the flow of breast milk in women who are breast-feeding infants
- Protect your kidneys from damage caused by chemotherapy medications
- Start late menstrual periods
- Protect the prostate from abnormal cell growth

- Act as an antioxidant to shield body cells from free radical damage
- Combat poisons from the deathcap mushroom
- Promote growth of protective liver cells to prevent toxins
- Protect your cervix and breasts from abnormal cell growth
- And much more!

### **Phytonutrients—The Body Healers!**

Many folks find it hard to choke down daily requirements of fruits and vegetables. Sometimes you might not like the texture or taste of some foods. And other times, they just might not agree with your stomach!

But the truth is these foods are packed with nutrients you need to fight germs... disease-proof your body... and stay healthy!

Researchers say phytonutrients—the organic parts of plants—are an excellent source of micronutrients you need to boost your health. Fruits, vegetables, grains, beans and nuts are rich sources of phytonutrients.

Some plants contain more concentrated forms of these super nutrients. The green algae called chlorella is just one example.

Chlorella is a remarkable cleansing compound that contains carotenoids, magnesium and the super-detoxifier chlorophyll.

In *Prescription for Dietary Wellness*, Phyllis A. Balch explains, “Chlorella... contains the highest chlorophyll level per ounce of any plant, as well as protein (nearly 58%), carbohydrates, all of the B vitamins, vitamins C and E, amino acids (including all nine essential ones), enzymes, and rare trace minerals.”

This highly concentrated combination of nutrients can help:

- Improve your digestive system to protect your colon
- Decrease constipation
- Prevent acid overload by promoting a healthy pH balance in your body
- Freshen your breath
- Improve symptoms of anemia
- Relieve symptoms of PMS
- Reduce asthma attacks
- Heal your digestive tract
- Boost your immune system
- Improve acne and other skin problems
- And much more!

Chlorella and other phytonutrients such as spirulina and dunaliella are a powerful defense against many diseases and disorders. And these natural healers won't cost you an arm and a leg—or leave you with *more* health problems from side effects!

So there you have it—10 remarkably simple remedies to help you solve and even prevent 100 common health problems!

These natural solutions provide an easy way to protect your heart, mind and your entire body from disease. You'll be able to take control of your health—and energize every cell in your body for many more years of healthy living!



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Dr. Cutler is a Board Certified Family Physician specializing in chronic degenerative diseases, fibromyalgia and chronic fatigue. He is a graduate of Brigham Young University (BYU), Tulane Medical School and Natividad Medical Center Family Practice Residency, in Salinas, California.

Dr. Cutler has successfully brought professionals of several healthcare disciplines together to bridge the gap between conventional medical training and effective complementary medicine. Through his patients' experiences, as well as his own, Dr. Cutler has found many complementary practices to augment conventional medicine as an integrative solution. Because of his understanding of nutritional and natural medicine, he strongly promotes self-reliance in healthcare.

Dr. Cutler has more than 19 years of clinical practice experience, providing services including obstetrics, newborn and pediatric care, orthopedics and minor surgeries, internal medicine and nutritional guidance. His focus in clinical care is a highly educational approach, with a focus on the cause of illness.

Dr. Cutler is uniquely qualified as a noted authority on preventative solutions to aging issues, general family ailments and nutrition, with an understanding and respect for the natural harmony of the human body. He has devoted his career to learning how to optimize health through simple changes in diet and lifestyle. His goal is to educate others so they can heal and teach others such principles of sustainable health, thereby shifting the paradigm of healthcare to one of personal empowerment and inspiration from God.

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