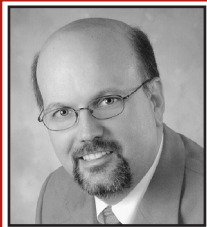




The Spinal Column

from CHIROPRACTIC CARE CLINIC
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DO YOU HAVE HEART DISEASE, DIABETES, OR HAVE SUFFERED FROM A HEART ATTACK OR STROKE? PLEASE READ THIS!



DR. TIM KAMERMAN
*Palmer College of
Chiropractic, 1987
Louisiana Tech
(pre-Chiropractic)
Searcy High School
1982*

A few years back, a fellow tennis player stated, "Are there not any chiropractors that just do adjustments anymore?" He apparently had the idea that chiropractors should only do adjustments and not use diet, exercise, and supplements in practice. Depending on the chiropractic college training and philosophy of each chiropractor, they many times specialize in different areas.

When I was first in practice, I did not feel comfortable dealing with nutritional questions and thus referred them to someone else. Like many other types of doctors, we get a small amount of training in regards to nutrition and supplements because there is too much other information that must be covered that relates to our individual fields of practice. I have spent the last 19 or my 20 years in practice dealing with clinical nutrition after much classroom and personal study.

In continues to get more exciting as research and technology reveal the wonders of the body and the nutrition available

for helping the body to regenerate. You will find information within this newsletter about Dr. Louis Ignarro, who won the Nobel Prize in Medicine for his research on nitric oxide. He has written a book called **NO More Heart Disease**, how nitric oxide can prevent, even reverse a heart attack or stroke.

Those appear to be very lofty words, but should not be discarded, since they are written by such a well-researched and awarded individual in the field of nutrition and medicine. If you have had a heart attack, stroke, or have diabetes, I encourage you to pick up a copy at a local bookstore and read the book in its entirety. I do not feel there is one pill or potion that can cure all problems but requires a combination of diet, exercise, rest and a host of other procedures to maintain optimum wellness. I think that Dr. Ignarro has a jewel that should be explored yourself, or by your treating physician.

Dr. Timothy R. Kamerman



DR. KRISTY WARD

NO More Heart Disease

Cardiovascular disease, which affects an estimated sixty million Americans, is now our leading cause of death, making heart health a pressing issue for men and women of all ages. The result of more than thirty years of research by Nobel Prize winner Dr. Louis J. Ignarro, **NO More Heart Disease** demonstrates how you can prevent cardiovascular disease and help reverse it – without prescription drugs.

Dr. Ignarro was awarded the 1998 Nobel Prize in Medicine for his discovery that nitric oxide (NO), a signaling molecule produced organically, is a vasodilator that helps control blood flow to every part of our body. The first practical application of Dr. Ignarro's research led to the development of Viagra. In **NO More Heart Disease**, he focuses on how nitric oxide affects the entire vascular system. By relaxing and enlarging blood vessels, NO regulates blood pressure, prevents blood clots that trigger strokes and heart attacks, and protects against the accumulation of vascular plaque.

In **NO More Heart Disease**, Dr. Ignarro shares with you his say YES to NO regimen for age-proofing your cardio-

vascular system by enhancing production of this natural wonder drug. Easy to follow without without extreme lifestyle adjustments, Say Yes to NO is a three-step plan that involves taking NO-boosting supplements you can find in any health food store, incorporating NO-friendly food into your diet, and following a moderate exercise program.

By practicing what **NO More Heart Disease** preaches, you will be taking the first step toward making heart attacks, strokes and cardiovascular disease plagues of the past.

Dr. Louis J. Ignarro

is a Distinguished Professor of Pharmacology at the UCLA School of Medicine. He was awarded the Nobel Prize in Medicine in 1998 for his discovery of the importance of nitric oxide to the cardiovascular system. Dr. Ignarro holds a BS in Pharmacy from Columbia University and a Ph.D. in Pharmacology from the University of Minnesota.

Cardio Cocktail – The Power of One Supplement

The Situation

In this fast-paced world, there are many things we must juggle every day. Career, family, and school are just a few of the activities that make up normal life in America. With the hurried pace of our lives, it has become increasingly difficult to enjoy a healthy lifestyle complete with exercise, plenty of rest, and a highly nutritious diet.

Statistics indicate that the number of people struggling with low energy, stiff joints and other challenges is skyrocketing. The good news is that more and more people are looking for ways to increase the level of their health. But, how do we give our bodies the fuel that it needs in order to perform at optimum levels?

The Solution

The Cardio Cocktail provides your body with a host of essential vitamins, minerals, amino acids, antioxidants, and other vital nutrients. Born in a blend of potent antioxidant juices, the Cardio Cocktail delivers results in a highly absorbable, great-tasting liquid. In just a few seconds each day, you can give your body a powerful dose of science-based nutrition.

The Nobel Prize Winning Research

In 1998, a team of American scientists won the Nobel Prize in Medicine for their discovery of the nitric oxide pathway. Nitric oxide is a powerful substance that helps to promote optimal blood flow and maintains smooth, Teflon-like texture of arteries.

Inside the artery, there is an inner lining called the endothelium. When nitric oxide is present in adequate amounts, the endothelium is smooth and tough like Teflon. When there is an inadequate amount of nitric oxide, the lining in the walls of the arteries becomes sticky, like "Velcro."

So, how do we benefit from this Nobel Prize-winning research? The answer is a naturally occurring amino acid called L-Arginine. The human body converts L-Arginine into the nitric oxide that maintains healthy blood vessels and allows blood to flow efficiently and smoothly throughout the body.

The Product

The Cardio Cocktail is a powerful blend of nutrients containing five grams of L-Arginine per ounce, plus vitamin D, B vitamins, EDTA, Omega 3 fatty acids, OPC's from grape seed extract, and minerals. The Cardio Cocktail is a great-tasting liquid product utilizing a potent blend of fruit juices including acai, goji, mangosteen, noni, tart cherry, and red raspberry that is quickly absorbed by the body via our proprietary fulvic mineral delivery system.

L-Arginine

L-Arginine is the precursor to nitric oxide. The body converts L-Arginine to nitric oxide. L-Arginine has been proven to support a healthy cardiovascular system. The Cardio Cocktail delivers 5 grams of pure grade L-Arginine per ounce.

Omega 3 Fatty Acids

According to the American Heart Association, omega 3 fatty acids are a great way to support cardiovascular health. The Cardio Cocktail uses perilla oil as its source of omegas. Perilla oil is a plant-derived ingredient that is higher in omegas than flaxseed oil. Since Perilla oil is plant-derived, there is no concern with fish allergies or mercury poisoning. And, it does not taste and smell like raw fish.

Antioxidants

The Cardio Cocktail is filled with a variety of antioxidants including OPC's, or oligomeric proanthocyanadins, and polyphenols from grape seed extract. They include Xanthones from mangosteen, polysaccharides from Goji, and proxeronine from noni. These elements are many times more potent as antioxidants than vitamins. Antioxidants are proven to help the body maintain health.

Adaptagens

An adaptation helps all the systems of the body to better deal with the stresses of life. The Acai berry is an all natural super food that is an all natural super food that is harvested in the Brazilian rain forest. The natives of Brazil have used the Acai berry for thousands of years, and it is believed to have amazing healing and nutritional properties. Acai is the only known super fruit that contains a complete array of vitamins, minerals, and essential fatty acids. The Acai berry contains B1, B2, B3, Vitamin E, Vitamin C, Phosphorus, Calcium, Potassium, Fiber Proteins, Omega 6, Omega 9, and many more nutrients.

Vitamins

The Cardio Cocktail is fortified with vitamins A, B1, B2, B3, B6, B12, C, and D. These vitamins have been shown to support cardiovascular health, healthy vision, and proper brain function. Vitamin D is a fat soluble vitamin which aids in maintenance of normal serum calcium levels, vital for healthy nervous systems, bone growth, bone density, and healthy teeth. Scientific evidence shows vitamin D has a variety of effects on immune system function that may build the immune system.

Minerals

Fulvic minerals are naturally occurring, plant-derived minerals. The fulvic minerals act as a transporter for the Arginine and antioxidants. The fulvic minerals help to increase the ease with which the body absorbs the nutrients.

Cleansing

The Cardio Cocktail includes EDTA to aid the body in the removal of toxins and other harmful elements. EDTA has been used for decades as a cleansing agent.

The Proprietary

Super Fruit Juice Blend

The Cardio Cocktail employs a potent blend of some of the most nutritious fruit juices on the planet including Noni from Tahiti, Goji from the Himalayas, Acai from the Brazilian rain forest, Mangosteen from the Sunda Islands, red raspberry from the state of Washington, and tart cherry grown primarily in Michigan. The benefits of these juices individually are legendary. When combined they create a blend that your body will love.

Cardio Cocktail Benefits

- More energy
- Supports cardiovascular health
- Supports healthy vision
- Supports healthy sexual performance
- Contains cognitive nutrients that support proper brain function
- Packed with valuable and beneficial antioxidants
- Daily vitamins and minerals
- All your daily nutrition in one concentrated dose
- Omegas ... & much more

Expert Opinions Concerning Cardio Cocktail

"Wow!! What a concept all liquid and no pills! This tasty health supplement is one of a kind! Your energy will soar as your health will take you to new heights and possibilities! Cardio Cocktail is here, and it is here to stay!"

– Christopher M. Colgin, DC

"I often wondered what would happen if you combined the massive scientific evidence backing the healing powers of L-Arginine, with the strong testimonials coming from around the world on therapeutic properties of noni, acai, mangosteen and goji. Well, I don't need to wonder anymore! Thanks *ForMor* for being on the cutting edge and placing us ahead of the pack. This is going to be one blockbuster product!"

– Dr. Harry Elwardt, ND, PhD

"Cardio Cocktail is a one-product REVOLUTION! In just one tasty ounce you get all the vascular benefits of 5,000 mg L-Arginine, oral chelation, and omega 3-6-9's. All this has been put in a base of some of the most potent antioxidants known. In addition, the Vitamin D content will definitely help the Vitamin D deficiency most people are suffering from!"

– Dr. Elizabeth Owings, MD

"I have never seen a product with so many incredible action-packed ingredients in one bottle. To top it off, it even tastes good! I love to tell others about it and to see many lives restored to health and vitality. I feel honored to be a part of this great company. Thank you, *ForMor*!"

– Dr. Sandra C. Denton, MD

"My personal experience with the Cardio Cocktail can be summed up in one word – ENERGY! I take my Cardio Cocktail every day to keep my energy high. My mental acuity and alertness has been enhanced dramatically. Thank you *ForMor* for such a wonderful product. I recommend it to everyone."

– Dr. Jerry W. Register, DC

"This product represents the most significant breakthrough in a nutritional product I have ever seen. The science and research supporting the ingredients in Cardio Cocktail is staggering. I've been using L-Arginine in my medical practice for over a decade with tremendous results. More importantly, I believe I owe a great deal of my personal health to L-Arginine supplementation."

– Dr. J. Joseph Pendergast, MD

Frequently Asked Questions About Cardio Cocktail

How much should I take?

– The normal maintenance dose is one ounce a day. However, depending on your desired results, you could take two or three ounces a day in divided doses.

How should I take the product?

– The best way to take the product is on an empty stomach followed by eight ounces of filtered or distilled water, no chlorinated water.

When should I take the product?

– The best time to take the product is twenty minutes prior to eating. Many people take the product in the morning before breakfast. Some take the product at night, just before going to bed. Some take the product throughout the day. It is important to take the product consistently, so find the time that works best for your situation and your body ... then stick to it.

What if I am on medication?

– We suggest that you always consult with your physician or pharmacist before taking any nutritional supplement. This is especially important if you are currently taking medication(s) prescribed by a doctor.

How quickly can I expect results?

– Many people feel results almost immediately. However, the true benefits of Cardio Cocktail come from consistent long-term use.

Can I take too much?

– Typically, if you take more than your body needs or wants, your body will eliminate the excess. In some cases, taking more than you need can cause diarrhea. If this occurs, reduce the amount.

What type of water should I use?

– Distilled water works the best. There should be no mineral or other elements in the water to compete with the nutrients. Chlorinated water should never be used to dilute the product or follow the product. Many cities chlorinate their tap water, so be sure to find out before using tap water.

Where do the ingredients originate?

– The ingredients come from all over the world. We search for the best possible sources when formulating our products. All of the nutrients come from plant-derived sources.

How long do I need to take the product?

– That depends on how long you would like to receive the benefits. Cardio Cocktail is a superfood for your body. It is the long-term, consistent use that will yield the best results.