

HSI Advisory Panel

Medical Adviser, Martin Milner, N.D.

Professor, National College of Natural Medicine; President, Center for Natural Medicine, Portland, OR; www.cnm-inc.com

Jon Barron

International lecturer, researcher, and author, Los Angeles, CA

Eric Berg, D.C., C.R.A.

Founder, Health and Wellness Center, Alexandria, VA

Hyla Cass, M.D.

Orthomolecular physician and psychiatrist, www.cassmd.com, Los Angeles, CA

Richard Cohan, D.D.S., M.A., M.B.A.

Professor, University of the Pacific School of Dentistry, San Francisco, CA

Isaac Eliaz, M.D., M.S., L.Ac.

Doctor and researcher specializing in integrative medicine and cancer. Sebastopol, CA

M.M. Sree Ganesh, M.D.

Family practitioner, holistic and natural medicine, Petaling Jaya, Malaysia

Ann Louise Gittleman, Ph.D., C.N.S.

Award-winning author, columnist, and media personality, www.annlouise.com, Hayden Lake, ID

Elson Haas, M.D.

Director, Preventive Medical Center of Marin, www.elsonhaas.com, San Rafael, CA

Tadahiro (Kohhei) Makise, M.D.

Medical director, Makise Clinic, Osaka, Japan

Stephen Morrissey, O.M.D.

Founder, Center for Energetic Medicine and Botanica Bioscience, Ojai, CA

Michael E. Rosenbaum, M.D.

Allergy, immunology, and clinical nutrition, Corte Madera, CA

Allan Spreen, M.D.

Advisor on alternative medicine, Discovery Channel, Phoenix, AZ

Leslie Taylor

Founder and president, Raintree Nutrition, Carson City, NV

Randall Wilkinson, M.D.

Board member, American Academy of Environmental Medicine, Coeur d'Alene, ID

The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

Could the treatment for incurable diseases (like Alzheimer's and MS) be hidden inside a cure for the common cold?

by Michele Cagan

It could be the key to our worst health problems, diseases that cripple our bodies and minds.

And it all started with what was then considered an impossible goal. More than 20 years ago, Dr. Juan Hancke, a forward-thinking Chilean scientist, was recruited to Sweden by a pharmaceutical company. His mission: to discover a cure for the common cold.

He did just that...as HSI first told you back in 2001.

But Dr. Hancke's discoveries didn't end there. In fact, they're still going on. And the latest research brings us truly astonishing news about what this natural cold cure can really do.

It takes on incurable diseases.

With no toxicity, no deadly side effects.

Just safe and effective relief for some of the most debilitating conditions: rheumatoid arthritis, multiple sclerosis, Alzheimer's disease.

And this is just the beginning.

The game-changing action that makes this unique Asian herb a true miracle cure

Imagine for a moment that there's a single substance that can cure everything from the common cold to autoimmune diseases (like rheumatoid arthritis) to diabetes to Alzheimer's disease. That this miracle cure comes with no toxic side effects. And that it

works with your body to conquer all of these conditions—and many more—naturally.

Well, it turns out that you already have it, the receptor known as PPAR γ (peroxisome proliferator-activated receptors gamma). This receptor plays a role in some of your body's most important processes, like stabilizing glucose levels, regulating your immune responses, even controlling fat mass. The trick is, the receptor needs to be activated at the right time in the right way.

And this is where Dr. Hancke's discovery, ParActin® (a patented extract blend of the most potent phytochemicals found in *andrographis paniculata*—a unique Asian herb), really shines.

In a stunning natural medicine breakthrough, researchers discovered a truly amazing clinical impact: ParActin safely and naturally activates PPAR γ . And that changes everything.

Rather than attack single immune system components (like most pharmaceuticals are designed to do), ParActin helps your body activate PPAR γ on its own. That simple act causes a waterfall of benefits, taming overactive autoimmune responses and quieting runaway excessive inflammation—and that means true and lasting relief for people suffering some of the most debilitating diseases.

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Our Mission

The Health Sciences Institute is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

Director Jenny Thompson	Designer Matthew S. Mayer
Associate Director Paul Amos	Member Services Jeffrey Byers
Managing Editor Michele Cagan	

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Hidden treatment for incurable diseases (like Alzheimer's and MS)

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Activate PPAR γ the right way to conquer autoimmune diseases

The implications are staggering. We already know that PPAR γ and the proteins it acts on are implicated in many diseases.

- Rheumatoid arthritis
- Alzheimer's disease
- Multiple sclerosis
- Diabetes
- Asthma
- Metabolic syndrome
- Psoriasis
- Cancer

One of the nastiest culprits behind some of these conditions is a potentially toxic protein called nuclear factor kappa b (NF κ B). In addition to jumpstarting the aging process, NF κ B is known to intensify inflammation and encourage cancer cells. It also triggers many toxic substances. For example, NF κ B activates COX-2 and tumor necrosis factor (TNF), both well-known for their parts in chronic degenerative conditions.

But PPAR γ puts a stop to all that, because it actually stops NF κ B¹, which turns off its chain of toxic effects. So by activating PPAR γ , ParActin effectively treats all the conditions brought on by NF κ B.

Pharmaceutical PPAR γ agonists come with deadly side effects

When word got out that PPAR γ played such a big role in treating chronic diseases, Big Pharma took notice. And it turns out they already had some pretty big players that acted on these receptors... but not without some pretty serious risks.

NSAIDs, for one, also impact PPAR γ , but they bring along many well-documented risks and side effects, especially with long-term

use. Though the adverse effects vary a bit among different medications, some of the scariest include kidney failure, liver failure, prolonged bleeding (after surgery or injury), and intestinal perforation. What's worse: older people face a greater risk of suffering these terrible fates. And the longer you use NSAIDs, the more you increase your risk of strokes and heart attacks.

Next come COX-2 inhibitors, a subclass of NSAIDs, which activate PPAR γ but introduce potentially fatal side effects. In fact, this class of drugs proved to be so dangerous that most of them have been banned—the only one still available in the U.S. is celecoxib (Celebrex), because Vioxx and Bextra proved too deadly.

Another class of drugs called thiazolidinediones acts on PPAR γ . These drugs include rosiglitazone (Avandia) and pioglitazone (Actos), which are used to treat diabetes. And like the other pharmaceutical PPAR γ agonists, these too come with a long list of potentially damaging effects which include things like increased heart attack risk, increased risk of fractures (in women), and macular edema.

But because of their ability to influence PPAR γ , these dangerous drugs are now being considered potential therapies for Alzheimer's disease, and other conditions the receptor can impact.

And that brings us back to ParActin.

ParActin holds the answer to fighting Alzheimer's disease

Amyloid beta plaque. It's thought to be the main culprit behind Alzheimer's disease. And ParActin has virtually no effect on it.

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That said, ParActin *does* significantly improve inflammation and oxidative stress in the brain caused by those plaques. And it has a very big impact on the symptoms of Alzheimer's disease (AD), which may be even more important. In fact, one unpublished study conducted by Dr. Hancke found that mice given a model of AD (which causes amyloid plaques and cognitive impairment) fared remarkably well when given ParActin.

The mice were split into 4 groups (three of which had the AD model): untreated, treated with hyperforin (a compound known to act on amyloid beta plaque), treated with ParActin, and control (normal, healthy mice). The mice all took a water maze test, where they had to escape to a hidden platform. And the mice in the ParActin group were able to learn the escape route as quickly as the control mice, and twice as quickly as the mice treated with hyperforin.

It gets better: ParActin appears to have a similar effect in people with Alzheimer's disease.

Pilot study demonstrates ParActin's potential in the fight against Alzheimer's

AD is a particularly heart-wrenching disease, as the mental decline seems inevitable and irreversible—we literally have to watch our loved ones disappear right in front of us. So even slowing things down is considered a victory... and turning things around could be cause for celebration.

To see how well ParActin could work for people with AD, Dr. Hancke's team recruited 20 patients, all in the early stages of the disease. All of the patients underwent standard psycho-neurological testing by neurophysiologists who were unaware

of the treatment being given.

The patients were split into two groups, one treated with 250 mg of ParActin twice daily, and the other placebo. Sadly, at the end of the three-month trial, the patients in the placebo group showed significant cognitive decline—the normal course of this disease.

But the patients treated with ParActin had statistically improved test scores. And for a disease where treatment that slows things down is considered a rousing success, this could signal a real breakthrough for Alzheimer's patients. That's why the research is ongoing—and we'll let you know as soon as more results are in.

And while we're waiting to see just how successful ParActin may be for AD patients, we know it's already proven effective in autoimmune diseases... like rheumatoid arthritis.

ParActin safely and significantly reduces pain for rheumatoid arthritis patients

Broken down cartilage, eroding bones, misshapen joints—these horrific symptoms all come with rheumatoid arthritis (RA), an autoimmune condition where your body literally attacks itself with uncontrolled inflammation. That inflammation gets triggered by specific compounds created by your immune system: COX-2, TNF α (tumor necrosis factor alpha), and IL-2 (interleukin 2)... all of which can be mediated by ParActin.

We first told you about its anti-inflammatory factors back in 2006, when the science on ParActin's actions was conducted in the lab. Now, we have human studies to show the true impact of this miracle extract on painful swollen joints.

The work started with two small pilot studies. In the first, 10 early-stage RA patients were given 200 mg

of ParActin once a day for 18 weeks. Blood was drawn and tested at the start, and again several times during the study to monitor values. And by the end of the study period, virtually all of the values had improved, including C-reactive protein (CRP), a critical inflammation marker.

The second pilot study pitted ParActin against NSAIDs for a 6-week study that included 14 RA patients. After the first two weeks of treatment, the ParActin group was experiencing a bigger decrease in pain than the NSAID group (though the NSAID group caught up by week five).

But where the science really stands by ParActin was in a randomized, double-blind, placebo-controlled study of 85 RA patients.² Patients in this 14-week study took either 255 mg of ParActin daily (split into 3 doses) or placebo. They were given 'rescue' pain medication (NSAIDs or acetaminophen) as needed throughout the trial. And the results showed once and for all just how effective ParActin is for RA treatment.

- The placebo group used rescue medicine over 55% of the trial... compared to just 5% of the time for the ParActin group
- The ParActin group enjoyed a much more significant decrease in painful joints, despite the fact that the placebo group took more pain medication
- The patients in the ParActin group experienced a substantial reduction in fatigue, while the placebo group saw no improvement at all
- And for those of you who like clear statistics, ParActin brought on a 40-point drop in Rheumatoid Factor, a key indicator of autoimmune disease, while the placebo group saw

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Hidden treatment for incurable diseases (like Alzheimer's and MS)

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no significant change (despite the fact they were taking more NSAIDs during the trial period)

The patients in the placebo group not only felt better, they *got* measurably better—without any of the severely damaging potential side effects that come with most of the pharmaceutical treatment options.

After just 6 months on ParActin, MS sufferers see extreme improvement in symptoms

Realizing that andrographis could tame autoimmune responses, researchers set out to see if it could work for multiple sclerosis (MS) patients. So they started with animals, special mice given a condition called EAE, a model of human MS.³

The results were groundbreaking. Not only did the andrographis extract delay disease onset, it also significantly reduced both the incidence and severity of symptoms. The mice suffered fewer symptoms, had much milder symptoms, and got symptoms later than they would have without the treatment.

But that's not where this ends.

A Chilean doctor, Dr. Juan Bertoglio of the Universidad Austral de Chile, ran two case studies on MS patients suffering debilitating symptoms. Each was giving 250 mg of ParActin for 6 months, and by the end of that time, both patients were able to stop taking prescription MS drugs. What's more, some of their worst symptoms were alleviated:

- Fatigue and sleep problems
- Restless leg syndrome
- Muscle jerking and twitching
- Depression
- L'Hermittes (electric shock-like sensations)

Now I know that's only two

people and one mouse study, but the results are truly promising. And when you consider the debilitating symptoms of this incurable disease, and the sometimes even worse damaging side effects of prescription MS drugs (liver damage, increased risk of infection, blood cancers, and fatal brain infections, to name a few), ParActin just might be the safe treatment we've been hoping for.

And it all started with a cure for the common cold.

Get 50% fewer colds... and get better FAST if you do succumb

Remember, this all started with a cure for the common cold—and ParActin really delivers. Not only can it reduce your chances of getting a cold by more than half, if you do get sick, you'll feel better much faster.

Chilean doctors tested the effectiveness of andrographis in a three-month, randomized, double-blind, placebo-controlled study in a rural school during cold and flu season.⁴ They split 109 students into two groups: 53 students received placebo pills, while 54 took 25 mg of ParActin every day for three months. The students were evaluated weekly by a clinician to see if they had developed cold symptoms. And by the end of the study, 62 percent of the placebo group suffered colds... but only 30 percent of the ParActin group got sick.

And what about people who do get hit with colds? ParActin takes care of that, too.

Researchers conducted another placebo-controlled, double-blind, randomized study, this one involving 158 adults.⁵ This time, they ran the trial for just five days to see if ParActin could help patients recover more quickly from colds.

So patients with cold symptoms were split into two groups, one group taking placebo pills and the other 200 mg of ParActin daily. The patients in the ParActin group enjoyed a significant decrease in intensity of their symptoms (including sore throat and runny nose) in just two days. And by day four, all their symptoms had decreased.

Those two studies show a lot of promise... and that promise was fulfilled a little more than 5 years ago when scientists looked at the big picture to find that *andrographis* really does cure the common cold.

Researchers at the Universities of Exeter and Plymouth in the UK conducted a review⁶ of seven double-blind, placebo-controlled trials including almost 900 subjects with respiratory tract infections to find out. And in all of the studies, the subjects taking *andrographis* for their colds reported faster recovery than subjects taking either placebos or pharmaceutical medications. Now that's a cold cure that really works.

Just like Dr. Hancke, the research doesn't stop there. In fact, trials being conducted right now are discovering even more conditions that ParActin can help.

Tomorrow's studies may show us even more applications for this miracle herb

It could be that we've just scratched the surface in discovering just what *andrographis paniculata* has to offer. In a quick review of the scientific literature, I uncovered quite a few *in vitro* studies looking at possible cancer-fighting capabilities—and they looked very promising.

One of my contacts let me in on some new research that will be pub-

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Watch brown spots, crow's feet, and expression lines disappear for good as you rejuvenate your skin from the outside in

by Michele Cagan

If you've been searching for a real anti-aging miracle, an affordable face cream that does what it promises—and promises a lot—look no further.

Because the crowning jewel in an advanced new skin care trio helps turn back the clock *and* protect your skin from ongoing environmental threats and free radical damage.

A perfect marriage of ancient herbs and cutting edge science, this formulation delivers true rejuvenation for your skin: erasing age spots, smoothing wrinkles, reducing puffiness, and getting rid of those troubling crow's feet. All while it helps you avoid new damage, so your skin stays healthy and beautiful.

“The brown spot on my nose is completely faded”

Betty Locke is 66 years old, but she doesn't feel it—and she certainly doesn't want to look it.

So when she got the opportunity to try out an exciting new anti-aging skin care product line, she jumped at the chance. And it worked, really worked. Unlike the hundreds of beauty products that make outrageous claims but don't deliver, these products really worked.

“I see a huge difference in the lines around my eyes, and on my neck, it's really unbelievable. The whole area under my eyes is firmer, and the puffiness is all gone now. My skin looks and feels young and dewy. But that's not the best part.

“I had this brown spot, a sun spot, on my nose. And it's gone, completely faded. And it hasn't come back even though I've been out in the sun. It's really amazing!

I used to use a prescription to fade spots, but haven't used it in years. I've never used anything natural before that worked to make the spots fade. But this really does it!”

Can this single crème really do it all?

For much of her life, HSI panelist Ann Louise Gittleman has been searching for perfect skin care. And when that quest left her wanting, she formulated her own, using her own very sensitive skin as the testing ground. And the resulting trio of skin care products, her BeauClé line, is earning stunning reviews... especially the Overnight Corrective Crème.

Carefully crafted with painstakingly selected ingredients, these skin care formulas address all the concerns of aging skin...

- Dark spots, redness, and discolorations fade
- Natural Botox-like effect diminishes fine lines and wrinkles
- Expression lines and crow's feet smoothed away
- Skin remains hydrated and plumped up
- Protects against ongoing damage
- Tames blemishes
- Reduces puffiness

All of that, in one gentle, natural formula.

It's hard to believe—but glowing testimonials are pouring in, and cutting edge science confirms the rejuvenating qualities.

You can literally see the skin cells renewing

The name is a little off-putting: *centipeda cunninghamii*. But this

unique Australian plant extract might just be the time-reversing secret you've been hoping for.

The specially balanced extract of *centipeda cunninghamii* found in BeauClé Overnight Corrective Crème boasts potent antioxidant activity and very powerful anti-inflammatory action, helping protect skin from continued free radical damage. It takes on blemishes and redness, wrinkles and sun damage, and leaves you with a youthful, dewy complexion.

The Aborigines of southwestern Australia have sworn by this revered plant for centuries. And, now, brand new science confirms its skin-soothing, anti-inflammatory, and anti-aging powers. In fact, in one study, you can literally see the skin cells renewing!

In that study (conducted by the extract's manufacturer), researchers evaluated the extract's healing impact on six people. To determine the cell renewal properties, the scientists stained the subjects' skin with a special dye, which only disappears as new skin cells form and replace the discolored cells. A 0.2% *centipeda cunninghamii* extract was pitted against a standard 2% alpha-hydroxy-acid (AHA) preparation, a well-known cell renewal agent.

In just 11 days, the *centipeda cunninghamii* extract brought on a 50% reduction in the staining, compared to 38% reduction by the AHA. And consider this: not only did the *centipeda cunninghamii* extract act more quickly, it was also in a 10 times lower concentration than the AHA. What's more, it didn't cause any negative side effects, like skin irritation, that AHA products can cause.

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Brown spots, crow's feet, and expression lines disappear for good

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Decrease wrinkle depth by more than 15%

Many dermatologists believe the key to skin rejuvenation lies in the extracellular matrix (ECM), a major component of your skin. ECM consists largely of collagen and elastin—and its breakdown can lead to unsightly wrinkles. So a compound that boosts ECM production can have enormous impact on your appearance. Which is why Ann Louise mixed this ingredient into her BeauClé formula.

Enter Matrixyl™3000, a cutting-edge compound that contains two synergistic peptides (known as matrikines) that offer up critical proteins which support ECM, and that translates to much smoother skin for you.

In a manufacturer-conducted study that included 23 volunteers, Matrixyl 3000 had a major impact on skin tone and elasticity—improving skin tone by as much as 19.5% in just 2 months. And when it came to wrinkles, the results were clear as day:

- 15.1% reduction in average wrinkle depth
- 37% decrease in wrinkle density
- 44.9% decrease in the surface area covered with deep wrinkles

And, now, a brand new study (also run by the manufacturer) shows that in just one month, subjects using Matrixyl 3000 saw a stunning improvement in wrinkles and skin appearance, equating to 1.8 year aging 'loss.' And by the end of two months, the photo-aging clock was turned back by a whopping 5.5 years.

Flower extract brings a natural Botox-effect

The gold and red flower clusters of *Acmella oleracea* are beautiful to see—and tasty to chomp on. They're native to Brazil, where people have

been chewing on the analgesic plant to ease toothaches for ages.

The modern extract from this traditional plant brings a whole new dimension to its use—it acts like a natural Botox, smoothing wrinkles almost instantly. It works by relaxing the facial muscles, so they don't undergo quite as many of the minute involuntary muscle contractions (normally thousands of times every day) which can lead to deep expression lines and wrinkles.

In vitro studies (run by the ingredient manufacturer) found that *Acmella oleracea* extract did indeed block micro-contractions, and that the effect lasted for about 24 hours.

And when they tested the extract on real women, the results were stunning. Two groups of volunteers (one group of 20 using 2% extract, one group of 30 using 5% extract) tested the extract on half of their faces, while using a placebo cream on the other half.

Skin was smoothed and roughness decreased on the extract side for 75% of the volunteers in the 2% group... after using the extract just one time. And after about three weeks, the skin on the extract side was reported 16% smoother.

The 5% group saw even more amazing results. In this panel, more than 83% of the subjects saw a reduction in their wrinkles right away. And after 4 weeks of use, micro-photography showed a stunning difference in wrinkle depth (I could really see the difference in the pictures).

Highly purified soy peptides reduce crow's feet as well as retinol

Crow's feet. We've tried dozens of tiny jars of eye cream—some

of which cost more than a full spa facial—to get rid of them. And most of them don't work.

But Ann Louise discovered an ingredient—purified soy peptides—proven to smooth out those tiny wrinkles, and you'll find it in the BeauClé Overnight Corrective Crème, where it truly gets the job done.

In fact, in placebo-controlled human studies (conducted by the manufacturer), 78% of the women using the peptide cream for 14 weeks reported a noticeable reduction in their crow's feet.

What's more, the peptide cream was also tested against retinol—a commonly used wrinkle reducer that often irritates skin—and was considered comparable by the study subjects... with one very important difference. The soy peptide cream didn't irritate their skin.

Uniquely formulated topical vitamin C visibly reverses photo damage

Though its technical name sounds quite complicated (*tetrahexyldecyl ascorbate*), its role is simple. This specialized form of highly bioavailable topical vitamin C visibly (and microscopically) repairs sun-damaged skin.

One small double-blind clinical study¹ found that applying this fat-soluble form of vitamin C to photo-damaged facial skin clinically, visibly, and statistically improved wrinkles and hydration in just 12 weeks.

And *in vitro* studies conducted by the manufacturer of this stable vitamin C found

- Strong antioxidant and free radical scavenging activity
- High levels of absorption by skin cells

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- Increased collagen production
- Reduced skin cell discoloration and lightened dark spots
- Protection against chemical and UV-B damage to skin cells

That last benefit is extremely important for skin health, not just its appearance. UV exposure can damage cells' DNA, which can lead to cancer cells. By directly limiting DNA damage brought on by UV-B exposure, this topical vitamin C could potentially help reduce the risk of some skin cancers.

Healing plants impart hydrating and healing moisture

Along with the powerful anti-wrinkle ingredients, the BeauClé crème contains everything your skin needs to feel super hydrated and healthy.

- Squalane (from olives) is commonly believed to be your skin's most important natural protection
- Jojoba makes your skin velvety soft, and helps tame inflammation
- Probiotics (in the form of alpha glucan oligosaccharides) to nourish and protect your skin
- Ormagel SH®, a blend of three healing algae extracts shown in manufacturer-run case studies to visibly improve skin quality and texture, and help reduce the

appearance of even deep wrinkles and expression marks

- Essential Fatty Acids (from borage oil, sea buckthorn, and apricot kernel oil) offer omega-6 support and protection for your skin
- Sea buckthorn adds even more—more than 60 antioxidants and the rare omega-7 fatty acid to boost collagen production and support radiant skin

Now all the theory and science behind BeauClé Overnight Corrective Crème is very compelling. But what really speaks to the crème's effectiveness are the women who've used it.

Skeptical esthetician raves about BeauClé

Esthetician Nicki Villard knows skin care, and she won't put just anything on her face.

Along with all the normal ravages of aging, Nicki suffers from rosacea—so she's extra cautious when it comes to trying something new. Always skeptical, she's especially leery of anything that claims to work for all skin types.

But the very first time she tried BeauClé Overnight Corrective Crème, she knew it was special. Her skin felt "super hydrated, and even the next morning my face was baby

butt smooth."

Nicki suffered with dry spots in the winter, patchy redness, and some unsightly brown spots—and all of that disappeared while she was using BeauClé. The true test, though, came when she went on a two-week trip, and didn't take her new face cream along (the tube is bigger than travel size). The redness came back, and that "baby butt smoothness" was gone.

And as soon as she switched back to BeauClé, she was happy with her skin again. "I can go without wearing makeup!"

Smooth on BeauClé and take years off your complexion

BeauClé Overnight Corrective Crème could be the anti-aging face crème you've been hoping for. Skin gets plumper, smoother and more dewy while unsightly brown age spots and wrinkles fade away.

Simply apply the crème at night after washing your face with BeauClé Purifying Cleanser. The final member of the trio is the BeauClé Ultra Hydrating Moisture, for an overall whole-body silky smooth skin experience.

You can find ordering information for the BeauClé product trio in your Member Source Directory on page 8. **HSI**

Hidden treatment for incurable diseases (like Alzheimer's and MS)

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lished later this year about the mineralizing potential of ParActin. So not only can this powerful extract reduce inflammation, it may actually also help rebuild lost cartilage. Imagine what that might do for arthritis patients!

Another current study is looking into a possible effect on Duchenne muscular dystrophy, a very rapid genetic form of the debilitating disease—so devastating that sufferers

rarely live to see 40.

Along with that, we can expect continuing research on arthritis, MS, and Alzheimer's disease. And you'll learn about it here, first, as soon as the information becomes available.

Fight debilitating autoimmune diseases, Alzheimer's disease, and so much more with ParActin®

Whether you're fighting temporary pain and inflammation, a nasty

cold, or a much more serious debilitating condition, ParActin can help. The key is in the dosage.

ParActin stimulates the immune response at relatively low doses, 25 to 50 mg per day. To fight inflammation and the symptoms of autoimmune disease, the suggested dose is 175 to 250 mg per day.

You can find ordering information for ParActin® in your Member Source Directory on page 8. **HSI**

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Access thousands of scientific studies (including the ones referenced in your Members Alert) detailing the effectiveness of natural cures in one comprehensive, in-depth online encyclopedia. You'll have, right at your fingertips, information about safe dosages, drug and herb interactions, potential benefits and side effects, and a wealth of information about thousands of natural ingredients.

And it's so easy to use! You can search by ingredient, symptom, condition, even medication name to quickly find whatever you're looking for. Once you're there, a simple click of the mouse can bring you deeper into your chosen topic, or let you branch off in another direction entirely.

You'll find this wealth of easy-to-access information in the online Hyperhealth Encyclopedia of Nutrition and Natural Health. And as new studies are conducted, you'll find those updates in Hyperhealth every month (starting mid-2012).

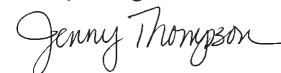
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And another thing...

...“High-speed power training” is not a phrase you expect to see in the same sentence with the phrases “older women” and “elderly men,” but those three phrases turn out to be a compatible trio. In joint research from universities in Brazil, Spain, and Portugal, researchers showed that subjects between the ages of 60 and 70 who participated in a four-month training program designed to develop muscle mass and strength regained the muscle power and functional capacity of people 20 years younger. Writing in the journal *Experimental Gerontology*, researchers note that exercise from the age of 50 onwards is “a cornerstone in the prevention and treatment of cardiovascular and other chronic diseases.”

To your good health,



Jenny Thompson

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