



Kevin Trudeau's

May 2005

NATURAL CURES NEWSLETTER

The only health newsletter that takes NO advertising and promotes NO products!

FDA FOUND GUILTY OF ABUSE OF POWER!

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In my book *Natural Cures* I talk about the outrageous FDA ban of the herb ma-huang, a natural source of Ephedra. I have repeatedly stated that the FDA abuses its power. I believe the FDA is not protecting consumers, but rather used by the drug industry to protect the profits of the powerful pharmaceutical cartel. The drug companies spend hundreds of millions of dollars trying to persuade lawmakers to ban safe and effective all-natural remedies. The pharmaceutical cartel spends hundreds of millions of dollars trying to convince the public that natural remedies are dangerous and ineffective and their pharmaceutical drugs are effective and safe. **THE EXACT OPPOSITE IS TRUE!** A perfect example of this was when the FDA banned the sale of Ephedra. The FDA claimed that Ephedra was so dangerous that it had to be banned from American shelves. The FDA claimed that there was some evidence that the deaths of 153 people were **LINKED** to the use of Ephedra. The FDA did state that there was no conclusive evidence that those 153 deaths were caused even partially by Ephedra, but there seemed to be some potential link. The FDA deemed that this proved that Ephedra was so dangerous that it had to be banned totally. Keep in mind that over ten million people had used Ephedra during this time. I have stated that this is an outrage. The FDA has not banned aspirin even though 2,000 people die every year by taking a single dose of aspirin. The FDA has not banned Vioxx even though it is confirmed that well over 100,000 people have died by taking Vioxx. The FDA has not banned drug after drug after drug even though hundreds of thousands of people have been confirmed dead by the use of these drugs, yet, the FDA bans the all-natural herb ma-huang?! Can you see the flagrant abuse of power? Can you see how the FDA is pandering to the whims of the pharmaceutical industry? Can you see how the FDA does everything it can to protect the profits of the drug companies?

Because of this outrageous FDA ban of the perfectly safe and very effective herb ma-huang, a Utah company sued the FDA. After months in the courts the judge strikes down the ban on Ephedra! The FDA loses! The judge's ruling prevents the FDA from stopping the sale of Ephedra. The judge agreed that Ephedra **WRONGLY** being regulated by the FDA as a drug and not a food! This is a great win for all of us. The FDA has finally been put in its place. The judge's statement is now forcing the FDA to follow the rules that Congress set down for it instead of making their own rules and acting as judge, jury, and executioner! The FDA said they will continue to fight this ruling.

The bottom line here is it is now becoming more and more evident every day that the FDA is not protecting consumers, but is in fact protecting the monopolies and the profits of the drug industry. It is more obvious now than ever that the FDA is working in conjunction with the drug companies to try to make you believe that natural remedies are ineffective and dangerous, and that drugs are safe and effective. The exact opposite is true. Drugs are ineffective, dangerous and cause all disease. Natural remedies are very effective, totally safe, and cause no disease; they help the body cure itself. This newsletter, my book, and the website www.naturalcures.com are at the forefront of making these changes occur. Please continue to support this newsletter, encourage your friends and relatives to subscribe, join naturalcures.com and encourage others to do the same, and get as many people as you can to buy the *Natural Cures* book.

I WAS RIGHT! FDA CALLS LEVITRA AD FALSE AND MISLEADING!

In this newsletter a few months ago I had mentioned that the ad for the drug Levitra is false and misleading. Obviously, someone at the FDA is reading this newsletter. Obviously, your letters and calls of outrage are making a difference. The FDA now has stated that the ads for Levitra and Zyrtec are false, misleading and full of unsubstantiated claims. The federal regulators have ordered the ads be pulled. The FDA says that the ads make unprovable claims and fail to highlight side effects and FDA warnings as to the dangerous nature of the drugs. The ads for Zyrtec compare two people one obviously sick, sneezing and wiping her nose and another who looks perfectly healthy. The captions of the ads imply that the healthy and alert person has taken Zyrtec; the sickly and unhappy one has taken a different medication. The FDA says this is giving the wrong net impression to the consumer; it is false and misleading.

This is good news, but one obvious action is missing. The outrage is the FDA "asks" the companies to stop running the ads. The FDA is not ordering the companies to stop running the ads! But the most obvious outrage is where is the FTC?! The Federal Trade Commission is supposed to prosecute companies that mislead the public in their advertising. The FTC routinely files lawsuits against companies who they claim are running ads that are false and misleading or contain unsubstantiated claims. In every single case, the FTC files lawsuits against these companies, demands a complete asset freeze of the entire corporation, as well as a personal asset freeze of all directors and officers of those corporations. This happens time and time again. However, we'll note that the FTC takes this action virtually only against companies that sell all-natural products. Here, the drug manufacturers have produced advertising that has already been deemed to be false and misleading and contain unsubstantiated claims. Where is the FTC?

The outrage is why the FTC isn't prosecuting these companies in the same aggressive manner that the FTC goes after companies that sell natural products. Why isn't the FTC suing these drug manufacturers demanding a complete asset freeze and a complete freezing of personal assets of the officers and directors? The answer is political payoffs. Every one of you reading this should be mad as hell. This is an outrage to the highest degree. The corruption in both the FDA and the FTC is beyond belief. I have personal investigators reviewing all of the workings at these organizations. I have inside moles telling me the secrets. We are looking at the individual people involved at both the FDA and the FTC. I can tell you that these people are making millions of dollars through buying and selling stock on insider information, as well as potentially other illegal activities. My sources are telling me this and I believe it to be true. I will be writing a complete book about the workings of the FTC and the FDA. In this book I will name names. When you start investigating the individual people involved in these organizations and you look at how much money their friends and relatives are making, who they work for, their stock transactions, their secret meetings, etc., you find fraud, deception and corruption all the way up and down the line.

The FTC needs to take action against the drug companies for producing false and misleading advertising, yet it does nothing. It must demand 100 percent consumer redress. That means it must demand that the drug companies give back to every single person, who bought those drugs under false and misleading pretenses, all of their money back. This is what the FTC does when it sues companies that sell all-natural products. It demands that every consumer get all of their money back because those consumers purchased the product on unsubstantiated claims or were misled and misrepresented by the advertising. This is exactly what has happened in the case of these drug companies. They produced ads that were false and misleading and contained unsubstantiated claims. People purchased these drugs based on these false pretenses. The companies should be penalized, the individual officers and directors should be penalized and the customers should get all their money back. The FTC does nothing. This is an outrage. Folks, we are a major force that is effecting change. Please pick up the phone and call the FTC, or write the FTC, and tell them "I'm mad as hell and I'm not going to take it anymore. I support Kevin Trudeau." The FTC's fax number is (202) 326-2012, Attention: Consumer Response Center (CRC), their mailing address is Federal Trade Commission, 600 Pennsylvania Avenue, N.W., Washington, D.C. 20580, and to send an e-mail go to www.ftc.gov and click on "File a Complaint."

EATING FAST FOOD CAUSES CANCER, DIABETES, HEART DISEASE, AND DOZENS OF OTHER ILLNESSES!

My independent observations have shown that eating fast food causes disease in the same manner that smoking cigarettes causes lung cancer. You are reading this right. The fast food restaurants totally disagree with my conclusions and state emphatically that there is no evidence supporting my claims. I disagree with them 100 percent. Let's look at the facts. McDonald's says if you eat in their restaurants once a week you are a "heavy user." People, however, do not frequent just one fast food restaurant. People go to multiple fast food restaurants. I asked people who eat fast food at least three times a week how their health is. Here is what I have found. In the people that I interviewed who ate in fast food restaurants three or more times a week consistently, ninety percent had heart disease or high risks of heart disease. Ninety-two percent had pre-diabetes or diabetes. Ninety-five percent were overweight. Eighty-five percent had food and/or environmental allergies. Ninety-one percent had sleep problems. Ninety-four percent had depression or mood swings. Ninety-seven percent had constipation. One hundred percent had an acidic body pH, which means, according to Dr. Morter, they are prone to get cancer. The list goes on.

The question is why does fast food apparently cause so much disease and illness? There are many factors. I believe the most important factor, which is overlooked and virtually never discussed, is that fast food is loaded with CHEMICALS! Any time you talk to a doctor about fast food they talk about calories, sodium, carbohydrates, fats, proteins and the like. Doctors never mention the chemical poisons used in the producing of the food, the chemicals used in the processing of the food, the microwaving and irradiation of the food causing it to be energetic toxic, the growth hormones and antibiotics used in the meat and dairy, and the other environmental toxins that get into the food in the cooking, storing and manufacturing. I believe that in addition to the calories, sodium, carbohydrates, proteins and fats being in an abnormally proportioned state, I believe the most important reason that eating fast food causes disease are the CHEMICALS AND POISONS in the food.

Let's take it a step further. I went and interviewed 100 cancer patients. All of them, 100 percent, in the last year averaged three fast food or chain restaurant meals per week. I interviewed a little over 100 diabetics and found the same thing. The same thing occurred with patients with heart disease, allergies, constipation, Fibromyalgia, fatigue, obesity, arthritis, and M.S. Virtually every one of the people that I talked to that had these diseases ate in fast food or chain restaurants at least three meals per week. Those that didn't, ate processed food from publicly traded corporations at least three times or more per week! People disagree with my conclusions, but it seems to be pretty obvious to me. Eating fast food and eating processed food sold by publicly traded corporations causes disease.

How bad is fast food? Look at the most recent situation with Wendy's. A woman was eating some chili and found a chopped off finger in her chili! Is this unbelievable? How could a person's chopped off finger be in a bowl of chili? If a chopped off finger is in a bowl of chili, what other poisons, toxins and diseased material is in fast food? How could they say their processing methods are sanitary? It's impossible. Did you know that even the government in reviewing the safety and sanitary regulations at fast food restaurants find violations EVERY SINGLE TIME AN INSPECTION IS DONE! That's right; every single time a food inspection is done at a fast food or chain restaurant serious health violations are found in sanitation. This means that the food is poisoned. This means the food is not safe to eat; yet we eat it almost every single day. Did you know that health violations occur in the processing plants of virtually every publicly traded corporation making your favorite brand name food? This means the food is not safe to eat. This means the food is causing disease and illness. This is why eating 100 percent organic food from small companies is a must. I continue to get thousands of e-mails every week from people who tell me they are amazed at how their health has dramatically changed after they stopped eating fast food and processed food, and simply changed to 100 percent food. When you stop putting all the poisons and chemicals in your body you can see dramatic health changes.

COMMON CAUSES OF DISEASES

In my book I mentioned that I was treated by Dr. Tang at the Century Clinic in Reno, Nevada. The clinic is now called Sierra Integrated Health and the medical director is Dr. Tang's son. I was recently at Sierra Integrated Health and had a chance to visit with the patients and healthcare providers. It was interesting to note some of the statistics being shared. Did you know virtually every person who is sick has major food and environmental allergies and doesn't even know it?

Most people think of allergies as coughing, sneezing, wheezing, watery eyes and things of this nature. This is not the case. When you are allergic to something, all it means is your body reacts negatively to that particular substance, whether it is something you smell, something you eat, or something in the environment, perhaps a toxin in some soap, cleaning fluids, paint or chemicals in food. When your body reacts negatively (an allergic reaction) it doesn't mean you will sneeze or have a runny nose or watery eyes. It means something in your body is not going to act correctly. It virtually means a suppression of your immune system or a part of your body's function that stops operating optimally. This opens the door for illness and disease. It can make you fatigued, tired, irritable, grumpy, etc. Most people in testing are found to have environmental and food allergies. It is believed that this is caused by Candida, as well as all of the poisons and toxins being put in our food supply today, our water supply and the air. It is highly suggested and recommended that you address food and environmental allergies. When you do, your body can go back to normal and you are more prone to heal quicker from any disease or ailments you have and prevent sickness from ever occurring.

It is also important to note that a common ailment that is present in people who are sick is Lyme Disease. Lyme Disease is very rarely diagnosed properly. People who have symptoms of M.S., Fibromyalgia, chronic fatigue, etc. are never diagnosed as having Lyme Disease. Lyme Disease is prevalent in person after person after person. The percentage is outrageously high to the point of being epidemic. If you are sick I would highly encourage you to check to see if you have Lyme Disease. If you do, the standard protocol that a medical doctor would give you is a round of antibiotics. I would highly recommend against this. Go to a clinic that uses no drugs and surgery, and you can be treated with homeopathics, herbs, nutritional supplements, DMSO, hydrogen peroxide and things of this nature that have been found to be very effective at treating Lyme. As always, I encourage you to get treatment from a licensed healthcare practitioner who does not use drugs and surgery.

VITAMIN E CURES CANCER!

This should be the headline, but you will probably never see it. Why? Because all-natural Vitamin E is such a powerful health enhancing supplement that the drug companies are trying to discredit it every way then can. Here is an article by Dr. Jeff McCombs, the author of the book *Lifeforce*. It describes the most recent "study" and report on Vitamin E. This explains and exposes how "studies" are really nothing more than fraudulent reports bought and paid for by the pharmaceutical industry to either falsely make you believe that their drugs are effective and safe, or falsely make you believe that all natural remedies are ineffective and dangerous.

Vitamin E by Dr. Jeff McCombs

In the movie, Dorothy and her companions shudder in fear when they first confront the great and powerful "Wizard of Oz." Only later on do they come to discover that he's a fake, and that he has been deceiving people for years.

Vitamin E by Dr. Jeff McCombs (*cont'd.*)

Today, the same scene is used over and over again by companies and agencies who attempt to control others for their own personal gain. Many, once reputable and reliable, companies now use the public perception of themselves to control others and profit from deception, lies and misinformation. A government that once stood for the people is now being sold over and over again to some of the most powerful and influential money interests on the planet. Four of the top 10 Fortune 500 companies are pharmaceutical companies. They have a lobbyist for every state representative and senator in Washington, with some extras assigned to the public committees of the house and Senate. Your health is being sold on a daily basis by every Representative and Senator who takes their money as long as there is something written down on paper. It doesn't matter if it's true or not, just as long as the pharmaceutical companies say it is.

Let's analyze a recent example. You may have heard of a study indicating that vitamin E is bad for you. The name of this study is HOPE-TOO (Heart Outcomes Prevention Evaluation-The Ongoing Outcomes) and is an "extension" of an earlier study on vitamin E, called HOPE. The name seems to indicate an innocence and hopefulness about it. This couldn't be further from the truth.

When I first read the HOPE-TOO report, I wondered who had performed it and for what purpose. The best way to discover this information is by looking at the original study and see what took place. The newspapers, magazines and journals will report whatever is fed to them, so they are unreliable when it comes to discovering the truth.

The first question is who funded the study? It wasn't surprising to learn that both studies were funded by pharmaceutical companies. You may recognize some of the following names: Aventis, King Pharmaceuticals, Bristol-Meyers, Bayer, Glaxo-Smith-Kline, Novartis, Pfizer, Roche Abbott, Genetech, Pharmacia, Astrazeneca, Natural Source Vitamin E Association and several others. These are the same companies that produce drugs that kill hundreds of thousands of people each year. Only these companies have the type of money that could fund such a study, representing their own interests and not the public's.

The next question is for what purpose was this study funded? The main player in these studies is a pharmaceutical giant called Aventis. Closer examination reveals that the timing of the end of the first study (1993-1999) coincided with the release of a drug aimed at helping to prevent heart failure. This was an Aventis drug called Rimipril, also know as Altace. The ending of the second study (1999-2003) doesn't coincide with anything. However, the second study results weren't released until March 15, 2005, which coincides with the release of another Aventis drug aimed at heart failure, Plavix, on March 10, 2005. If the study was an important study of vitamin E, shouldn't the results have been made public in May of 2003 when it was finished? YES. The study however wasn't being done for that purpose. These pharmaceutical giants weren't doing a study to discover the importance of vitamin E. They do not sell vitamin E they sell drugs. Why do so many pharmaceuticals companies invest so much money to study vitamin E? Is vitamin E that big of a threat to them? YES.

When you read the HOPE-TOO study, you see that "The authors note that the adverse effect of vitamin E was unexpected and UNCONFIRMED the other trials." What do the other trials say? Let's look at a few:

- Cambridge Heart Antioxidant Study reported 77% lower risk of heart attack with vitamin E.

Vitamin E by Dr. Jeff McCombs (*cont'd.*)

- Finnish study reports reduced risk of prostate cancers in male smokers.
- Columbia University Study reports vitamin E slows progression of Alzheimer's disease when used in high doses (2000 IU a day).
- Animal studies report vitamin E protects against cataracts.
- Other studies show that it protects against colon cancer, cystic breasts, etc.

In other words, vitamin E is a better choice than drugs for many conditions. As a matter of fact, when you read the HOPE and HOPE-TOO studies, you'll note that the authors didn't compare vitamin E to their drugs. They compared vitamin E to a placebo. In other words, some people were given vitamin E and others were given something that they were told was vitamin E, but it wasn't. This way, only the researchers know who is taking what. Since, I've been talking about looking at the results of the study, it's time that we did. There were 4 main results.

- 1) Cancer incidence was less in the vitamin E group.
- 2) Prostate cancer was less in the vitamin E group.
- 3) Cancer deaths were less in the vitamin E group.
- 4) Major cardiovascular events were 1% greater in the vitamin E group.

If you read those results, you'll see that the headlines should have read, "Vitamin E cures cancer." Instead, what you read is that vitamin E is bad for you. What you should have read is that the TYPE of vitamin E used in this study created a 1% increase in cardiovascular events. The researchers do not explain cardiovascular events, so that leaves it up to the companies who funded the study to interpret it however they choose to.

Let's look at the TYPE of vitamin E that was used in this study. This is perhaps one of the most important considerations of these studies that on one addresses. If you refer back to the list of funding agencies, you'll see the Natural Source Vitamin E Association. Nobody can seem to find this company however. I've checked many resources, and it doesn't seem to even exist. All that I'm able to determine is that they are listed in every Aventis pharmaceutical study on vitamin E. They are listed as the Natural Source Vitamin E Association of Washington, DC, but seem to be more closely tied to Ontario, Canada, home of Aventis. Nobody in the supplement industry has ever heard of them outside of these studies. It's important here because it is this "association's" definition of natural vitamin E that forms the basis of the few negative studies done on vitamin E. The Natural Vitamin E Association states that natural vitamin E can only exist in a chemically altered, esterified form. It is this chemically altered form of natural vitamin E that is used in their studies. This form of vitamin E is known to have no antioxidant function in the body. This is not the form to use when testing the effectiveness of vitamin E. The best and most active form of vitamin E is the un-esterified, all-natural mixed tocopherol form, consisting of alpha, beta gamma and delta tocopherols. This is also the more expensive form. They would have you believe that the all-natural un-esterified version doesn't exist, but it does.

In the scientific community, the HOPE and HOPE-TOO studies are being cited as examples of bad research. There are many questions about who was excluded along the way and for what reasons. The study itself proves that synthetic, chemically altered forms of vitamin E can produce a very slight 1% increase in cardiovascular events, while also decreasing certain cancers and death due to cancer.

Vitamin E by Dr. Jeff McCombs (*cont'd.*)

A better-designed study would be to compare all natural, un-esterified mixed tocopherols to the Aventis drugs. If we use current information about Rimipril and Plavix, we see that they can cause:

Abdominal hemorrhage, pain, gastritis, and constipation; peptic and duodenal ULCERS; rash and skin disorders; diarrhea and nausea; HYPERTENSION; chest and back pain; CARDIAC FAILURE; heart and nervous system disorders; anxiety; insomnia; arthritis; gout; CATARACTS; anemia; edema; eczema; pneumonia; cystitis; allergies; fatty liver and hepatitis infections; LEUKEMIA; fetus death; dizziness; low blood pressure; dehydration; vomiting; kidney disease; pancreatitis; death of skin tissues; hearing loss; tremor; tinnitus; vision disturbances; fever; impotence; weight gain; possible death; and amnesia.

All-natural, un-esterified vitamin E does none of the above and in many cases, according to previous studies; it may help to reverse the above symptoms and conditions.

Now, do you think that you'll ever see a study funded by Aventis comparing their drugs to all-natural, un-esterified vitamin E? NEVER.

So, the next time the great and powerful Oz decides to scare you with his facade and hype, just pull back the curtain to see the truth for yourself. I'll take my vitamin E any and every day!

MIRACLE PRODUCT

Alocin comes from raw garlic. It is antiviral, antibacterial, anti-inflammatory and stimulates and boosts the immune system. There are many products on the market that contain high amounts of alocin. In my opinion, this is a "natural cure" that they don't want you to know about. Why? As with most natural cures, this natural cure is better than virtually any drugs or surgery. In my opinion, you should have some alocin in your home at all times. At the first sign of a cold or flu, or any pain or inflammation, start taking some alocin, it should knock it out.

I NEED YOUR SUPPORT

Things are beginning to change. The most important thing we can change is the FDA's outrageous insane ruling that "Only a drug can cure, prevent or treat a disease." This must be changed. By being a subscriber to this newsletter, by buying my book *Natural Cures* and by being a member of my website naturalcures.com, you are supporting this mission. Please encourage your friends and relatives to buy the book *Natural Cures* and to subscribe to this newsletter or join and become a member of naturalcures.com. We need more people as subscribers to this newsletter and as members of naturalcures.com in order for us to be an effective voice that can make these changes possible. Things are already changing due to your support and your actions. We need more help. Please encourage your friends, relatives and neighbors to buy the book *Natural Cures*, subscribe to this newsletter and join naturalcures.com. With your help, change can happen. We can get good quality food; we can get truth in advertising; we can stop getting ripped off. Together we can win.

Book Review

I just received a letter from Dr. Robert Wiehe, the author of the book *Alternative Medicine and the Treatment of Cancer*, published by the We Good Life Institute of West Plains Missouri.

“Dear Kevin,

Five years ago I was diagnosed with an aggressive form of cancer. I was given three groups of chemotherapy. I continued to worsen. By April of 2001 I was bedridden and told I had two weeks to live, three at the most. I watched a TV program by Naomi Judd, which had fourteen guest M.D. speakers. They were top quality M.D.s that had switched from the traditional medical treatment of cancer to alternative medicine (natural medicines). I had it mailed to me overnight. In ten days I was walking. In two months I spaded my garden. I am now living a normal life with no sign of cancer. I now take a reduced amount of alternative medicine for prevention and I have added some natural products which I heard about from you. I have watched your infomercials and read your printed materials. I know about your run-ins with the FDA and the feds. You have done a heroic job for standing up to those (expletives) people. Your new book, *Natural Cures*, is a Godsend. You are a hero in my book and of the entire chiropractic, naturopathy and homeopathic professions.”

Dr. Wiehe's book on cancer is fantastic. If you have cancer, know somebody who has cancer or are concerned about cancer, you should read this book. I highly endorse and recommend it.

Adscam of the Month

Florida Orange Juice

I have seen these ads for Florida orange juice. They are, in my opinion, false, misleading and full of unsubstantiated claims. Where is the FDA? Where is the FTC? Obviously, the millions of dollars in payoffs allow these ads to run even though they are misleading the public. One ad says, “If you want to avoid getting a cold you have two options, (a) live on a deserted island, or (b) drink a glass of Florida orange juice.” This is false and misleading. It is trying to make you believe that drinking Florida orange juice will prevent a cold in the same manner as living on a deserted island. This is just plain, categorically not true.

Another ad says if you want all these nutrients and vitamins you can squeeze all of these different fruits and vegetables, or you could just drink one glass of Florida orange juice. This is trying to give you the impression that one glass of Florida orange juice has the same nutritional value as eating or juicing all these other fruits, vegetables and nuts. This is again categorically not true. These ads are false and misleading. They are not mentioning to you that orange juice sold by these large publicly traded companies are pasteurized and produced with massive amounts of poisonous chemicals.

These are the type of ads that must be stopped. We must have truth in advertising. All advertisers must have a responsibility to TELL THE TRUTH! This is not happening. Companies absolutely fight any law that would require them to tell the truth! Isn't that amazing? Companies do not want to be forced to tell the truth in their ads.

If you have any health questions you may contact the following health care practitioners:

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Visit: naturalcures.com and thewhistleblower.com

Email your Questions to Kevin at kevintrudeau@naturalcures.com

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