

MARTIN SMITH CLINIC & HEALTH AWARENESS CENTER
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*A personal invitation from
founding director Dr. Martin Smith*



吃药不忌口，枉费大夫手。

***"He who takes medicine and neglects diet wastes the skill of the physician."*—Chinese proverb**

Dear Friend,

The link between nutrition and disease prevention is undeniable.

Unfortunately, not only has the average American's diet gotten worse over the years, the food we eat has lost much of its nutritional value.

For example, forty years ago apples had 41% more vitamin A . . . sweet peppers, 31% more vitamin C . . . broccoli, 50% more calcium and vitamin A . . . cauliflower, 45% more vitamin C, 48% more vitamin B1 and 47% more vitamin B2 . . . and collard greens, 45% more vitamin A, 60% more potassium and 85% more magnesium . . .

Many nutrients are underconsumed in the United States. In fact, **the intake of potassium, vitamin D and other important nutrients is alarmingly low.**

Moreover, certain population groups are underconsuming nutrients they require more than others.

Worse still, America is **not** prioritizing nutrition research.

Last year, the Department of Agriculture spent a miserly \$0.1 of every \$100 of their budget on nutrition as well as obesity research. The year before, the National Institutes of Health fared somewhat better: \$2.6.

Here at the Martin Smith Clinic & Health Awareness Center, nutrition takes center stage.

As you will read on page # of the enclosed letter, food is much more complicated than any drug.

Taking this fact to heart, we researched and developed **a men's dietary supplement the body recognizes and assimilates as life-giving food.**

The enclosed letter tells you all about it and also how you can get a **free 30-, 60- or 90-day supply, besides several other free gifts and benefits.**

Sincerely,

SIGNATURE

NAME

Director - Member Services

Help Advance Research in Men's Health

Dear Name,

My name is Dr. Martin Smith, and I am the founding director of the Martin Smith Clinic & Health Awareness Center, Florida.

With your permission, I would like to send you a free 30-, 60- or 90-day supply of **Breakthrough**.

Specially formulated for male needs, including prostate protection, **Breakthrough** is the only 100% vegetarian dietary supplement for men in the United States that contains whole-food nutrients the body immediately recognizes and assimilates as life-giving food (page 4).

Breakthrough is also the only men's dietary supplement in the United States that contains Hydra-Green (page 6).

A super green food, Hydra-Green is a muscle builder, an energy enhancer, an anti-arthritis, and a free-radical scavenger.

Breakthrough contains two other super green foods, including one far superior to chlorella (page 7).

Besides being highly nutritious, super green foods provide powerful therapeutic benefits. Super green foods also help the body properly absorb and utilize key nutrients. Super green foods found in **Breakthrough** are not part of the typical Western diet.

Breakthrough also contains crucial naturally occurring food factors, including important antioxidants such as glutathione and superoxide dismutase (page 5).

More importantly, **Breakthrough** also contains naturally occurring digestive enzymes (page 4).

Moreover, **Breakthrough** contains 11 tonic, energy-enhancing whole-herb extracts derived from herbs classified by Chinese herbal medicine as superior for their overall strengthening effect on the entire system (page 9).

Last but not least, the formulation also includes whole-food extracts from pumpkin seeds to benefit intestinal, prostate, and genitourinary tract health (page 14).

Breakthrough has been formulated to boost energy . . . stamina . . . immune system function . . . glucose tolerance (your body's ability to move glucose—a major source of energy—into cells) . . . cell metabolism (chemical reactions that take place within cells to maintain their proper function) . . . vitality . . . organ function . . . and the ability to adapt to physical and mental stress.

About Dr. Martin Smith

Dr. Smith is the founding director of the Martin Smith Clinic & Health Awareness Center, Florida, where he heads research and product development.

An alumnus of Johns Hopkins and Oxford, he has a Ph.D. in Classical Chinese Medicine and a master's degree in Oriental Medicine from California's American University of Complementary Medicine.

Dr. Smith is the author of 8 books, including *Eat and Make Love Like A Caveman*, *The SAD Story of Men's Health: How the Standard American Diet is Hurting Men and What They Can Do About It*, and *Functional Foods for Men*. His next book, *What's Eating American Men: Diet, Disease and Death in America*

(a pre-release copy of which is yours free when you accept membership), is scheduled to be launched July 2013.

His articles about nutrition and men's health issues have been published in several North American, British, Japanese and European journals and publications.

Dr. Smith first discovered the formula upon which **Breakthrough** is based while researching herbs used by ancient Chinese healers in Linhai, a small town to the south of Shanghai.

It was during this sabbatical that Dr. Smith decided to go against conventional medicine and explore the benefits of natural healing.

Dr. Smith believes the typical Western diet was responsible for his

father's mental and physical decline.

Finding a way to battle the damaging effects of the typical Western diet on men's health emerged as his life's calling, and led to the development of **Breakthrough** and the founding of the Center.

Developed after several years of



Dr. Smith and his research team at the Martin Smith Clinic & Health Awareness Center

"Dr. Martin Smith and the Martin Smith Clinic & Health Awareness Center are the giants upon whose shoulders future generations of men's health advocates, researchers and pioneers will stand tall."—Sir John B. Gurdon, joint winner of the 2012 Nobel for physiology or medicine

research and trials, **Breakthrough** is available only through the Martin Smith Clinic & Health Awareness Center.

Proceeds from the sale of the Center's products and membership dues are donated to the Center's continuing research in men's health.

Breakthrough is available only through the Martin Smith Clinic & Health Awareness Center. It cannot be obtained by prescription or otherwise from anywhere else by any means.

More about **Breakthrough** in the pages ahead.

"I'm a nutritionist, and I can honestly say I haven't seen a better or more natural product on the market that can restore a man's energy and vitality as well as [Breakthrough]."—Ronan Bellows, CA

If you accept my invitation, I will also make arrangements to send you 6, 12 or 18 free issues of the *Milestones in Men's Health* news magazine.

And that's not all.

When we receive your Membership Approval Certificate (page 17), I will also send you a free pre-release copy of my new 326-page book, *What's Eating American Men: Diet, Disease and Death in America*.

More about *Milestones* and my book later.

Membership also entitles you to several other benefits reserved for our invitees.

But before I tell you more, I would like to quickly address an important question you may want answered at this stage:

Why am I writing you?

I would not be writing you if I did not believe you are someone who is more likely than most others to be proactively appreciative of what we do at the Martin Smith Clinic & Health Awareness Center.

And I most certainly would not be writing you if you did not have many things in common with our members.

Like you, our members are health-conscious individuals who believe good health is the basis for a good life, and purchase several health supplements, products and publications each year.

Independent and active men ages 35-70, our members also want to have more control of their health and vitality, live a more active lifestyle, and improve their sex lives.

They also want to have enough energy to tackle both work and leisure activities.

Our members are also committed to self-improvement, and invest hundreds of dollars and hours in a wide variety of self-improvement materials each year.

If not vegetarians or vegans, members prefer a predominantly vegetarian diet . . . eat healthier . . . consume more functional foods . . . and are most interested in foods ranging from natural protein to low-fat or fat-free alternatives.

Also just as important, members report a lower rate of reliance on conventional health services . . . use complementary and alternative medicine for general health and well-being, including symptom relief . . . and report a significantly better health status.

Members also report healthier behavior, including higher rates of physical activity and lower rates of obesity.

over, please . . .

What's in Breakthrough?

WHOLE-FOOD NUTRIENTS

10 basic vitamins (A, B1, B2, B6, B12, C, D, E, folic acid and niacin) . . . Vitamin K . . . Beta-carotene . . . Biotin . . . Pantothenic acid (a B-complex vitamin a.k.a. B5) . . . Calcium . . . Chromium . . . Copper . . . Iodine . . . Iron . . . Magnesium . . . Manganese . . . Molybdenum . . . Potassium . . . Selenium . . . Vanadium . . . Zinc . . . Boron . . . Phosphorous . . . Choline . . . Inositol . . . Para-aminobenzoic acid (a B-complex vitamin and formerly a.k.a. Bx) . . . RNA/DNA . . . Nucleic Acids . . . Amino Acid Complex . . . and Bioflavonoid Complex.

SUPER GREEN FOODS

Hydra-Green (exclusive to **Breakthrough**) . . . Hydrilla verticillata . . . and Alfalfa.

WHOLE-FOOD EXTRACTS

Pumpkin (seed) 4:1

TONIC WHOLE-HERB EXTRACTS

Siberian Ginseng (root) 5:1 . . . Ho Shou Wu/Fo-Ti (root) 5:1 . . . Gotu Kola (leaf and root) 4:1 . . . Dandelion (leaf and root) 4:1 . . . Hawthorn (fruit) 4:1 . . . Panax Ginseng (root) 4:1 . . . Ginger (root) 5:1 . . . Sarsaparilla (root) 4:1 . . . Nettle (leaf) 4:1 . . . Licorice (root) 4:1 . . . and Ginkgo (leaf) 8:1.

NATURALLY OCCURRING FOOD FACTORS

RNA/DNA . . . Superoxide Dismutase . . . Glutathione . . . Trace Minerals . . . Amino Acids . . . Beta-glucans . . . Gamma-Aminobutyric acid . . . Branched-Chain Amino Acids . . . Lipoic acid . . . Chlorophyll . . . and Polysaccharides.

NATURALLY OCCURRING DIGESTIVE ENZYMES

Digestive enzymes include Amylase . . . Lipase . . . Protease (a.k.a. proteolytic enzyme) . . . Lactase . . . and Cellulase.

As you can see, we offer membership only to handpicked individuals.

There is an important reason why we do this.

Although of modest means, the Center exerts a disproportionately large influence mainly due to our growing, worldwide community of members.

And we want things to stay that way.

Your support will go a long way toward helping the Center ensure influential and resourceful individuals and institutions continue to support our advocacy, research and product development initiatives.

I hope you will accept my invitation to become a member, not least because . . .

Membership dues and all proceeds are donated to our continuing research in men's health

All membership dues and proceeds from purchases made by members since our founding four years ago have been donated to the Center's continuing research in men's health.

"The Martin Smith Clinic & Health Awareness Center is at the leading edge of research in men's health. More Americans should celebrate and support such pioneering work."—Richard Friskon, Senior Researcher, Tennessee Technological University

Each year, the Center spends millions of dollars and hundreds of thousands of man-hours to research health conditions common in men, including those which are also treated differently when they occur in men:

- Genitourinary disorders, including benign prostatic hyperplasia
- Diabetes
- Cardiovascular diseases, including heart attack and high blood pressure
- Hormones that control stress, weight, energy and sleep
- Thromboses
- Arthritis
- Cancers, including prostate cancer
- Mental health, including memory, sleep, stress and depression
- Sexual health, including erectile dysfunction, libido and hormones that control biological activity related to male sexual health

Besides research and men's health advocacy, product development remains the Center's core activity.

Breakthrough is by far the Center's most popular product development success. Based on a formula I stumbled upon in Linhai, China, ***Breakthrough*** is the result of several years of research and trials.

Breakthrough is one of the many free gifts reserved in your name when you accept membership.

When we receive your Membership Approval Certificate, you will also become entitled to:

- 2 free e-mail consultations per year with me as long as you remain a member . . .
- 7 free special reports focusing on men's health issues authored by members of the Center's advisory committee, and . . .
- 36% off all future orders of any of our products.

More about these benefits later.

Right now, I would like to keep a promise I made to tell you more about ***Breakthrough***.

over, please . . .

Breakthrough bridges the divide between food and supplementation

Breakthrough is the only 100% vegetarian dietary supplement for men in the United States that contains whole-food nutrients the body immediately recognizes and assimilates as life-giving food.

The whole-food nutrients in ***Breakthrough*** are **biochemically identical to those found in fruits, vegetables and other foods.**

This is of significant importance for two reasons:

1. Every food is much more complicated than any drug.

Not being food, standard supplements do not contain many of the disease-fighting vitamins, minerals, cofactors, molecules, antioxidants, phytochemicals and other substances found in fruits, vegetables and other foods.

Nutrients work with other nutrients, molecules, antioxidants, cofactors and others to achieve beneficial effects and to ensure the proper functioning of various mechanisms in the human body.

"I have a demanding career life. I'm not complaining. I love it. My wife's career is just as challenging and rewarding as mine. Like me, she travels frequently. That makes the time we have together even more special. And of course, we don't want to waste our precious hours together being sick. And amazingly, since I started taking [Breakthrough], I'm not! I feel great! By taking Breakthrough I manage to replenish what my regular diet doesn't give me. It makes me feel better about missing a meal, especially when I'm flying, because I know I'm getting all of the vitamins, minerals, and nutrients I need . . . even with airplane food!"—Hugh Walters, NY

This synergy between nutrients may be the real reason why diets consumed in parts of the Mediterranean and Japan appear to lower the risk of many health conditions, including heart disease and cancer.

An example of this synergy is the bioflavonoids which help the body absorb and utilize vitamin C. Bioflavonoids are cofactors of the vitamin. Potent antioxidants, bioflavonoids are found in plant pigments and give flowers and fruits their red, orange and yellow colors. They are widely used in Europe to treat hemorrhoids, varicose veins, leg ulcers and other conditions affecting the circulatory and lymphatic systems. Bioflavonoids also help fight allergies.

The presence of this synergy is an important reason why the body immediately recognizes and assimilates the whole-food nutrients in ***Breakthrough*** as life-giving food.

2. Besides nutrient synergy, most standard supplements lack naturally occurring digestive enzymes.

According to Dr. Edward Howell, the pioneer of enzyme therapy in the United States, *only humans and domesticated animals consume enzyme-deficient foods*, which cause many—if not all—degenerative diseases.

Digestive enzymes break down vitamins, minerals, fats, proteins, carbohydrates and other molecules to help the body digest and absorb them. Amylase helps the body digest and absorb carbohydrates . . . lipase, fats . . . protease (or proteolytic enzyme—see page 5), proteins . . . lactase, sugars . . . and cellulase, fibers.

Lactose intolerance, flatulence, diarrhea, bloating of the stomach, constipation, steatorrhea (excess fat in feces) and even an unexplained loss of body weight can be symptoms of enzyme deficiency.

An unbalanced diet, inadequate intake of nutrients, poor eating habits and excessive consumption of processed foods are some of the common causes of enzyme deficiency.

Incidentally, an insufficient supply of digestive enzymes forces the pancreas (see graphic on page 5) to compensate by drawing enzymes from white blood cells. This tricks the immune system into overproducing white

The Breakthrough Difference

Each nutrient in ***Breakthrough*** is harvested using a patented process from nutrient-dense edible plants grown in glass-lined surgical steel tanks. Because the body recognizes and assimilates such whole-food nutrients as life-giving food, it is not required to divert essential resources to breaking down, digesting and absorbing them.

Inside the Body: Phytochemicals

Phytochemicals (plant chemicals) include chlorophyll, vitamin C and vitamin E. Phytochemicals have either antioxidant or hormone-like actions, and are linked to a decreased risk of cancer and other conditions. Phytochemicals combat pre-cancerous cells and stop them from becoming cancerous cells.

Inside the Body: Naturally Occurring Food Factors

Besides providing nutrition and enjoyment, food helps reduce the risk of developing lifestyle-related conditions caused by contaminated foods, pharmaceuticals, pollution, radiation, environmental toxins, and the like.

This is the responsibility of food factors other than vitamins and minerals. Deoxyribonucleic acid (DNA), ribonucleic acid (RNA), superoxide dismutase, glutathione, beta glucans and lipoic acid are some of the crucial antioxidant and immuno-stimulating food factors found in **Breakthrough**.

DNA and RNA help combat the effects of aging. They are used to improve cognitive functioning . . . prevent and treat dementia, including Alzheimer's . . . treat depression . . . boost energy . . . tighten skin . . . and increase sex drive.

Nutrition formulas in hospitals use a combination of RNA, omega-3 fatty acids and arginine (an amino acid necessary for the body to make proteins) to help speed up post-surgery recovery, boost the immune system, and improve the condition of burns and intensive-care patients.

RNA on its own is used to treat skin conditions such as eczema, hives, shingles and psoriasis.

An enzyme, Superoxide Dismutase (also see pages # and #) is one of the body's most powerful antioxidants. Enzymes are substances that speed up certain chemical reactions in the body.

SOD is used to remove wrinkles, rebuild tissue and to slow down aging. It is also used to treat osteoarthritic pain and inflammation . . . sports injuries . . . rheumatoid arthritis . . . interstitial cystitis (a chronic bladder condition

afflicting about 4 million in the U.S.) . . . poisoning caused by paraquat, a weed killer . . . cancer . . . lung problems in newborns . . . counter organ rejection following kidney transplants . . . improve tolerance to radiation therapy . . . and protect the heart from the damage caused by a heart attack.

Unlike medicinal superoxide dismutase which may be sourced from cows, the SOD in **Breakthrough is 100% vegetarian.**

Glutathione is another powerful antioxidant. In fact, it may be the most important antioxidant your body needs. Found in fruits, vegetables and meats, glutathione is also produced by the liver.

Glutathione helps build and repair tissue . . . makes chemicals and proteins . . . and helps keep the immune system healthy. It is used to counter aging, and treat cataracts and glaucoma. It is also used to treat or prevent alcoholism . . . asthma . . . anemia in kidney patients . . . cancer . . . heart disease (atherosclerosis and high cholesterol) . . . liver disease, including hepatitis . . . immune system diseases, including HIV/AIDS and chronic fatigue syndrome . . . amnesia . . . Alzheimer's . . . osteoarthritis . . . and Parkinson's. Glutathione is also used to counter the effects of metal and drug poisoning . . . treat male infertility . . . prevent kidney problems after a bypass heart surgery . . . and counter the toxic effects of chemotherapy.

Beta glucans are sugars found in the cell walls of plants, bacteria, fungi, algae, lichens and yeasts.

Beta glucans strengthen the immune system. They are especially helpful to those whose immunity has been compromised

because of chronic fatigue syndrome . . . stress . . . and even radiation or chemotherapy. In hospitals, beta glucans are used to protect patients from post-surgical infections . . . treat cancer . . . treat and reduce the size of skin tumors . . . and boost the immune system of patients with HIV/AIDS and to prevent or treat related conditions.

Beta glucans are also used to prevent or treat high cholesterol (by preventing its absorption from food in the gastrointestinal tract) . . . diabetes . . . colds . . . flu . . . influenza A (H1N1 or swine flu) . . . allergies . . . hepatitis . . . Lyme disease . . . asthma . . . ear infections . . . aging . . . ulcerative colitis (inflammation of the colon and rectum lining) . . . Crohn's . . . fibromyalgia . . . rheumatoid arthritis . . . and multiple sclerosis.

As an external treatment, beta glucans are used to treat dermatitis, eczema, wrinkles, bedsores, wounds, burns, diabetic ulcers and burns caused by radiation.

Alpha-lipoic acid is another antioxidant. Besides fighting cell damage, it restores vitamin levels in the body. ALA is found in organ meats (liver and kidney), vegetables (spinach, broccoli and potatoes) and yeast.

It is used to treat amnesia . . . chronic fatigue syndrome . . . HIV/AIDS . . . cancer . . . diseases of the heart, liver and blood vessels . . . Lyme disease . . . eye conditions, including retinal damage and glaucoma . . . and diabetes and nerve-related symptoms of diabetes, including pain, burning and numbness in the arms and legs.

ALA also helps optimize glutathione levels in the body.

blood cells because it thinks the body is under attack.

A high white blood cell count is usually linked to allergies (including sub-clinical food allergies that are rampant in the U.S.) . . . leukemia . . . the use of certain pharmaceutical drugs . . . viral and bacterial infections . . . myelofibrosis (a serious bone marrow disorder) . . . rheumatoid arthritis . . . polycythemia (a blood disorder) . . . smoking . . . stress . . . tuberculosis . . . and whooping cough.

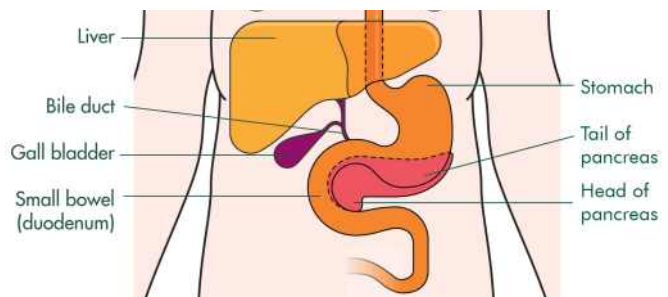
Breakthrough contains naturally occurring digestive enzymes, including proteolytic plant enzymes normally obtained from consuming raw foods.

Besides helping the body digest and absorb proteins, combat inflammation and speed up healing, among other things, **proteolytic enzymes could very well be our main defense against cancer.**

Although largely forgotten, enzyme therapy for the treatment of cancer was first proposed in 1906. Several cases of tumor regression and even remission of terminal cancer have been linked to enzyme therapy.

There's a lot more you will learn about why **Breakthrough** is the preferred dietary supplement of our members in the United States, Canada, Mexico, Japan, Australia, the United Kingdom, and 34 other nations.

Inside the Body: Pancreas and Digestion



The pancreas secretes digestive enzymes that break down fats, carbohydrates and proteins. Besides an "antacid" solution to neutralize stomach acid, the pancreas secretes insulin, which moves glucose (blood sugar) into cells to give the body energy.

over, please . . .

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But first, here's what some of our newest members have to say about all the benefits (besides the free 30-, 60- or 90-day supply of **Breakthrough**) you are entitled to as soon as you accept membership:

- **6, 12 or 18 free issues of the *Milestones in Men's Health* news magazine**
"[*Milestones in Men's Health*] is everything mainstream men's health magazines are not. No recycled articles. No unsolicited sales messages. In fact, *Milestones* succeeded in doing what even my wife failed to do . . . convince me to stop subscribing to so many popular men's health magazines. And I'm into just the second issue of my free 2-year subscription!"—James Kovalsky, NY
- **Free pre-release copy of my new 326-page book, *What's Eating American Men: Diet, Disease and Death in America*.**
"This is one of the most important books about nutrition ever written—reading it may save your life."—Dr. Dean Ornish, author of *Dr. Dean Ornish's Program for Reversing Heart Disease and Love & Survival: 8 Pathways to Intimacy and Health*
- **2 free e-mail consultations per year with me as long as you remain a member**
"Many in Japan and even in your own country might consider your recommendations about managing [an enlarged prostate] revolutionary. Speaking from my own experience, all I can say is they have relieved many of the symptoms and my doctor says my prostate is no longer as enlarged as it was before I consulted you three weeks ago. Thank you very much."—Toshiro Mifune, Osaka, Japan
- **7 free special reports focusing on men's health authored by members of the Center's advisory committee**
"The special reports are easily worth 10 times the membership dues. And none of the reports recycles the information that is repackaged as 'breaking news' by many self-proclaimed medical "crusaders". By the way, I'd like to extend my membership another 2 years!"—Laurent Brancowitz, Marseilles, France
- **36% off all future orders of any of our products, including *Breakthrough***
"I used to buy a number of supplements each month. A few weeks after I started using *Breakthrough* and *Protex* [our prostate-specific supplement], I realized I had been wasting my money on the others. I now use only *Breakthrough* and *Protex*. I will continue to use your products, especially *Breakthrough*, even if I have to pay the full price for each. Though, I must say, the 36% saving doesn't hurt!"—Michael Rawlins, NV

These benefits, including a free 30-, 60- or 90-day supply of **Breakthrough**, can be yours within hours of the Center receiving and processing your Membership Approval Certificate (page 17).

Please remember, all membership dues and proceeds from purchases made by members are donated to the Center's continuing research in men's health.

I would appreciate it if you send in the Membership Approval Certificate using the postage-paid envelope without delay.

In the meantime, here's another reason why **Breakthrough** has become the preferred dietary supplement of our members . . .

Hydra-Green (plus 2 more Super Green Foods)

Super green foods are foods that have a higher concentration of nutrients than ordinary foods such as plants, grains and popular herbs.

Super green foods are not part of the typical Western diet.

***Breakthrough* is the only men's dietary supplement in the United States that contains the super green food, Hydra-Green.**

Hydra-Green is a wild-harvested, organic, aquatic herb rich in phytochemicals, including 'Green Gold': chlorophyll.

over, please . . .

Besides being an excellent form of energy, chlorophyll stimulates the immune system . . . combats sinusitis, fluid buildup and skin rashes . . . helps combat anemia . . . eliminates harmful molds in the body . . . purifies and detoxifies the blood as well as the entire system, including the liver . . . combats bad breath and body odor . . . cleanses the intestines . . . helps rejuvenate and energize the body . . . normalizes blood pressure . . . and even helps prevent cancer—it is also used in cancer therapy.

"I'm a personal trainer, and to stay successful at what I do, I have to be at the peak of physical performance. I work at a very exclusive club in the city. My clients are all talented, professional, "Fortune 500" business types. I have to set a good example for them.

I'm a professional, and I not only have to look the part, I have to act the part. In other words, I have to have energy to spare. I start my day at 6 AM and I keep going straight until 7 o'clock at night.

Even though I'm supervising my clients, I'm working out all day. I have to demonstrate the correct movements. If my clients run as part of their training regime, I run with them. If my clients swim, I walk up and down the side of the pool right along with them! I must put in a couple of miles every day just by the pool! And there's no way I can keep that up on power bars and energy shakes!

***Fortunately, I've found something even better. Breakthrough definitely keeps my energy level up, which in turn helps me to motivate my clients into reaching their fitness goals."*—David Brockman, CA**

Hydra-Green is a proven muscle builder, energy enhancer, anti-arthritis and free-radical scavenger. It also helps in the absorption of nutrients by the body, and fights physical and mental stress.

And Hydra-Green is not the only super green food in ***Breakthrough***.

Breakthrough also contains two more super green foods:

HYDRILLA VERTICILLATA: Hydrilla verticillata may very well be the most valuable super green food, especially for vegetarians, vegans and others at a high risk of developing vitamin B12, calcium and iron deficiencies.

An outstanding source of vitamin B12, Hydrilla verticillata contains up to 70 times more vitamin B12 than other green foods.

Hydrilla verticillata is also one of the richest plant sources of calcium.

As a matter of fact, Hydrilla verticillata can also be called 'Green Calcium' because of its high calcium content.

Just 10.50 grams of Hydrilla verticillata, for example, contains 68.55 times more calcium compared with the same amount of chlorella.

Each daily serving of ***Breakthrough*** contains 156 mg of calcium.

Hydrilla verticillata also contains more iron: 35.8 mg per 10.50 gm versus 16.8 mg in chlorella.

Hydrilla verticillata also beats chlorella in most other areas:

Inside the Body: Vitamin B12, Calcium and Iron

Vitamin B12 deficiency causes tiredness . . . weakness . . . constipation . . . loss of appetite . . . weight loss . . . a type of anemia that makes one tired and weak . . . nerve problems, including numbness and tingling in the hands and feet . . . problems with balance . . . depression . . . confusion . . . dementia . . . poor memory . . . soreness of the mouth or tongue . . . and even damage to the nervous system.

The body needs **calcium** to maintain strong bones and teeth . . . for muscles to move . . . for nerves to carry messages between the brain and every part of the body . . . to help blood vessels circulate blood throughout the body . . . and to help release hormones and enzymes that affect almost every function.

Iron deficiency causes fatigue . . . poor work performance . . . and even decreased immunity.

over, please . . .

NUTRIENT	HYDRILLA VERTICILLATA*	CHLORELLA*
Vitamin A (beta-carotene)	19,593 I.U.	5,838 I.U.
Vitamin B1	26.25 mg	0.1575 mg
Vitamin B3	5.25 mg	2.52 mg
Vitamin B5	11.36 mg	0.147 mg
Vitamin B6	35.91 mg	0.147 mg
Magnesium	76.13 mg	21 mg
Potassium	244.65 mg	33.6 mg

*10.50 gm

Moreover, unlike chlorella, *Hydrilla verticillata* also contains manganese, copper, cobalt and molybdenum.

Hydrilla verticillata also contains a number of antioxidants and anti-aging factors, including superoxide dismutase (SOD), one of the body's most potent antioxidants.

Besides protecting cells from damage, SOD has been shown to slow the rate of telomere shortening (see 'Inside the Body: Manganese, Copper, Cobalt and Molybdenum' box).

Each daily serving of *Breakthrough* contains 250 mg of *Hydrilla verticillata*.

ALFALFA: During my stay in Linhai, I encountered a number of herbalists who used Alfalfa to cleanse the digestive system, improve urine flow and treat gallbladder/kidney stones, fever, jaundice, night blindness, and obesity.

Like the two super green foods before it, Alfalfa is rich in chlorophyll and various other nutrients, including several vitamins and trace minerals.

Because it also contains more protein than most plant foods, this member of the legume family is especially useful for vegetarians, vegans and those consuming a predominantly vegetarian diet.

And because of its high vitamin K content, Alfalfa is also useful to those prone to a vitamin K deficiency or malabsorption problem.

Inside the Body: Manganese, Copper, Cobalt and Molybdenum

Manganese helps maintain bone health and red blood cell numbers.

Copper, along with iron, helps maintain bone, nerve, blood vessel and immune system health, and in the formation of red blood cells.

Cobalt may, like vitamin B12 (of which it is a part), help in maintaining red blood cell numbers and reducing levels of homocysteine in the blood. Homocysteine is an amino acid (a building block of protein). Accumulation of homocysteine in the body leads to telomere shortening.

Telomeres are to chromosomes what hard plastic ends are to boot laces. Telomeres help protect us from premature aging and even cancer.

Accumulation of homocysteine also causes coronary artery disease, stroke, peripheral vascular disease (narrowing and hardening of arteries in the legs and feet), cognitive impairment, dementia, depression, osteoporotic fractures and functional decline.

Homocysteine levels are higher in people vulnerable to a B-vitamin deficiency, e.g. vegans.

Molybdenum helps in many important biological functions, including in the development of the nervous system, waste processing in the kidneys, and energy production in cells. Molybdenum is also used as an antioxidant to prevent cancer, anemia, gout, dental cavities, and sexual impotence.

Inside the Body: Superoxide Dismutase

Oxygen helps the cells in the human body to extract energy from food. A free radical (a rogue molecule), superoxide is a harmful form of oxygen. Most cells make SOD, an enzyme. SOD reacts with superoxide and converts it into oxygen and hydrogen peroxide. If ignored, superoxide can cause DNA mutations and attack enzymes that make amino acids and other essential molecules. Superoxide is linked to many diseases, including cancer and amyotrophic lateral sclerosis (Lou Gehrig's disease).

Besides preventing the body from bleeding to death, vitamin K increases bone mineral density in those with osteoporosis, and reduces fracture rates. Vitamin K is especially important for men ages 50 and above because 1 out of 4 of them is likely to have an osteoporosis-related fracture in their lifetime.

Alfalfa also lowers total cholesterol as well as the more harmful low-density lipoprotein (LDL) cholesterol, and may also be useful in diabetes management.

Significantly, Alfalfa may be our most important defense against inflammation, which growing evidence suggests increases the risk of chronic conditions, including cardiovascular disease, cancer and diabetes.

Each daily serving of *Breakthrough* contains 200 mg of Alfalfa.

By the way, if you have read this far, my writing you

has not been in vain. We have made the right decision in choosing to invite you to accept membership.

And I am excited to be able to tell you once again on behalf of the Center that **Breakthrough** is . . .

Yours free when you send in the Membership Approval Certificate

Breakthrough is an advanced men's dietary supplement and a free 30-, 60- or 90-day supply can be on its way to you as soon as we receive your Membership Approval Certificate.

And let me remind you, we have also reserved in your name 6, 12 or 18 free issues of the *Milestones in Men's Health* news magazine (6 copies/year: \$39.95) . . . a free pre-release copy of my new 326-page book, *What's Eating American Men: Diet, Disease and Death in America* (a \$22.45 value) . . . 2 free e-mail consultations per year with me . . . 7 free special reports (each at least a \$11.95 value) focusing on men's health authored by members of the Center's advisory committee . . . and 36% off all future orders of any of our products, including **Breakthrough**.

Please remember, membership dues and proceeds from purchases made by members are donated to the Center's continuing research in men's health.

We'd appreciate it if you could send in your Membership Approval Certificate (page 17) for approval without any delay . . . today.

"Being a single dad, I need to keep my energy level up to keep up with my 2 and 4 year old sons. It's not easy, I can tell you. I've found that Breakthrough helps me to maintain the balance I need in the time I divide between work and home. I'm an associate at a busy law firm.

***I feel a definite difference when I'm consistent about taking Breakthrough. Fortunately, I have the boys every other weekend, too. During the weekend, I have more time, and more energy to keep up with them."*—Timothy Young, VT**

Meanwhile, here's a quick look at Breakthrough's . . .

11 tonic whole-herb extracts

Breakthrough contains extracts from only those herbs classified by Chinese herbal medicine as superior for their overall strengthening effect on the entire system. These herbs can be safely used for extended periods of time with cumulative benefits.

These herbs are used in Chinese herbal medicine for their health-enhancing capabilities and potent antioxidant activity for the heart, prostate, liver, brain, pancreas and even the immune system.

1. Siberian Ginseng (Root)

Although Siberian Ginseng does not belong to the Panax (true ginseng) family, it is widely used in Russia and China as an adaptogen to normalize the body and as an androgen to develop and maintain male sex characteristics.

The herb is used to treat or improve many conditions, and has been shown to stimulate cardiovascular functions, and boost stamina by modifying the way the body burns glycogen, the most important energy source after fats.

Besides relieving moderate fatigue, Siberian Ginseng may also be useful in managing asthma, coughs, colds and other respiratory/bronchial conditions because it prevents muscle tissue in blood vessels and the bronchus (a passageway in the respiratory tract) from constricting.

Inside the Body: Antioxidants

Antioxidants help fight free radicals—rogue molecules that attack cells and cause them to mutate. Free radicals weaken the body . . . damage DNA . . . and contribute to the development of many diseases, including cancer. See page #.



Ginseng, Siberian
Eleutherococcus senticosus

over, please . . .

It also prevents blood from clotting.

Siberian Ginseng is quite often mistaken for or passed off as a true—expensive—ginseng variety. It is also one of the most adulterated herbs in the market.

2. Ho Shou Wu/Fo-Ti (Root)

A lesser-known herb, Ho Shou Wu is neither a much-used one nor a common ingredient in herbal preparations. It is found in only a few supplements available in the United States. Legends associate Ho Shou Wu with long life and even immortality.



Ho Shou Wu/Fo-Ti
Fallopia multiflora

Classified as an antihypercholesterolemic herb, Ho Shou Wu's main use is to treat high blood cholesterol levels.

Traditionally, the herb has been used as a laxative and blood tonic . . . to lower the heart rate . . . treat prostate enlargement . . . male infertility . . . erectile dysfunction . . . hair loss, including baldness . . . boils . . . neurosis . . . insomnia . . . premature graying . . . fatigue . . . lack of motivation . . . anemia . . . feelings

of inadequacy . . . psychosomatism . . . back pain . . . replenish the yin (vital essence) of the kidney and liver . . . and increase blood flow in the heart.

The herb increases the activity of the antioxidant, superoxide dismutase.

***"Your formula has been officially added to the standard meal plan here at our spa. Most of our patrons are six-figure businessmen and their wives - they need something to take back from the Institute to help them maintain their health and energy. We send a complimentary supply of Breakthrough home with other materials that we include in our "Re-entry Kit" (re-entry back into the stressful world)."*—Edward Lexton, Director, Concord Health Institute, AZ**

3. Gotu Kola (Leaf and Root)

Gotu Kola is an important herb in Chinese herbal medicine. It is also used in other Asian systems of traditional medicine.

No other medicinal plant has been as extensively investigated by the scientific community as Gotu Kola.

Used since prehistoric times, Gotu Kola is used to promote wound healing and treat a wide variety of conditions, especially varicose veins and skin scarring.

Gotu Kola is also used to treat anxiety . . . pain . . . depression and other mental disorders . . . viral and fungal infections . . . hardening and narrowing of the arteries (atherosclerosis) . . . asthma . . . tuberculosis . . . skin lesions . . . lupus . . . poor memory . . . psoriasis . . . and to strengthen the immune system.



Gotu Kola
Centella asiatica

Gotu Kola also has antioxidant properties.

Gotu Kola may also help with arthritis, myocardial infarction (heart attack), stress-induced premature aging of the skin, and Alzheimer's.

Studies have also shown that the herb slows the growth of cancerous cells.

4. Dandelion (Leaf and Root)

Dandelion has a long history of medicinal use in China, the Middle East, North America and Europe.

It has been used for hundreds of years to treat dyspepsia, heartburn, spleen and liver complaints, hepatitis and other conditions.

Dandelion prevents benign tumors from becoming malignant, combats inflammation, relieves pain, and may even help fight cancer.

An antioxidant and anti-inflammatory, Dandelion (root) encourages the growth of bifidobacteria in the intestines. Bifidobacteria are used to prevent traveler's diarrhea . . .

over, please . . .



Dandelion
Taraxacum officinale

encourage growth of good bacteria . . . and treat ulcerative colitis (inflammation of the colon and rectum lining) . . . yeast infections . . . colds . . . flu . . . hepatitis . . . lactose intolerance . . . mumps . . . Lyme disease . . . and cancer.

Dandelion may also prove useful in treating reproductive hormone-related conditions, and as a diuretic.

The root and leaf of Dandelion are rich in potassium. A mineral, potassium helps nerves and muscles to communicate, and delivers nutrients to—and flushes waste out of—cells. A potassium-rich diet helps to combat high blood pressure and other dangers linked to consuming foods high in salt.

Dandelion is also rich in beta-carotene, which the body converts into active vitamin A. Beta-carotene is also an antioxidant.

Dandelion also prevents blood from clotting.

"As Head Coach of Athletes of America, I work with many promising young athletes. I use my training as a coach and mentor to help them apply their athletic skills to achieving their personal goals and solving personal problems. Of course, mental and physical health is not just a matter of discipline and focus, it requires a healthy diet, too. I believe that supplementing with the right vitamins and minerals is of primary importance.

All the athletes that I have trained in the past year have added Breakthrough to their diets. The results have been amazing. This product even keeps world-class athletes in top form. After the intense training they go through, they still have the energy to go that extra mile. And all of the athletes I train, regardless of their sport, need that extra mile!"—Julian Cunningham, MD

5. Hawthorn (Fruit)

Hawthorn has been used to treat primarily heart conditions since at least the 1st century. Several studies support Hawthorn's use in treating congestive heart disease.

In one study, the long-term use of a standardized extract of Hawthorn fruit was linked to an improvement in heart failure condition.

Studies in the United Kingdom support the use of Hawthorn along with prescribed drugs to treat hypertension, and the plant may also be useful in managing diabetes.

Besides reducing high blood pressure, Hawthorn reduces anxiety.

The plant is also used to treat various digestive ailments, atherosclerosis and age-related conditions. Hawthorn is also a free-radical scavenger, combats inflammation, protects the gastrointestinal system and fights disease-causing microbes.



Hawthorn
Crataegus (species)

6. Panax Ginseng (Root)

Panax Ginseng is one of the most commonly used ginsengs.



Ginseng
Panax ginseng

It is used as a tonic to enhance male virility and fertility in Traditional Chinese Medicine. It can also be an effective, non-invasive alternative for treating erectile dysfunction.

Panax Ginseng has anti-inflammatory, antioxidant and anticancer (including tumor-inhibiting) properties.

Significantly, Panax Ginseng's anticancer properties are not limited to any one organ. Regular consumption of Panax Ginseng significantly reduces the risk of cancer development.

It also benefits psychological and immune system functioning, and conditions linked to diabetes.

Panax Ginseng is also effective as a pain killer. It is also useful in healing muscle injury and combating inflammation . . . effective in combating alcoholism . . . may

also be helpful in improving behavior and cognitive functioning . . . and in managing Alzheimer's, strokes and blood pressure.

Also known as Asian/Chinese/Korean ginseng, ren shen and red ginseng, Panax Ginseng is often confused with the American variety, Panax quinquefolius, which is chemically somewhat similar but is considered by Chinese herbalists to possess healing characteristics more beneficial to women.

7. Ginger (Root)

Besides being a staple ingredient in Asian food, Ginger is also used as a medicine in Traditional Chinese Medicine, Ayurveda and Unani.



Ginger
Zingiber officinale

It is used to treat nausea, stomach upset, vomiting, dizziness, motion sickness, and various other conditions.

Ginger can be useful in combating tumors, inflammation and blood cholesterol . . . in maintaining cell health . . . diabetes management . . . and in treating gastrointestinal problems. As a strong antioxidant, it lessens the damage of free radicals in the body and may even prevent their occurrence.

Ginger is also effective in reducing pain linked to osteoarthritis of the knee. Ginger may also help in reducing arthritis-related knee pain. In atherosclerosis, Ginger reduces pain and cholesterol levels, and combats the damaging effect of free radicals and inflammation.

Ginger is also useful in regulating bowel movements in people with high blood pressure.

Ginger root extracts are useful in treating stomach ulcers commonly caused by the Helicobacter pylori bacteria.

Ginger may also be more effective than aspirin in combating blood-clot formation in blood vessels, besides combating pain and inflammation.

Ginger is also useful as a laxative.

"Breakthrough epitomizes the motto of the Martin Smith Clinic & Health Awareness Center: 'The merging of modern science with age-old wisdom'."—Mike Jacobson, Center for Science in the Public Interest, Washington, DC

8. Sarsaparilla (Root)

The ancient Greeks and Romans used Sarsaparilla to counter poisoning.

Sarsaparilla has been used in North and South American systems of traditional medicine to treat skin complaints, including psoriasis, acne, rashes and hives . . . sexual impotence . . . rheumatoid arthritis . . . gout . . . sexually transmitted diseases . . . pain . . . digestive problems . . . kidney problems . . . and common colds.

Early European doctors used Sarsaparilla as a blood purifier and to promote sweating. In China, Sarsaparilla is used as an aphrodisiac . . . to treat abscesses . . . arthritis . . . boils . . . cysts . . . diarrhea . . . digestive conditions . . . fluid retention . . . inflammation of the small intestine . . . malaria . . . and especially syphilis.

Sarsaparilla is used as a diuretic and general tonic, and to treat wounds . . . fever . . . cough . . . high blood pressure . . . and even cancer.

Sarsaparilla helps the gastrointestinal tract absorb nutrients better.



Sarsaparilla
Smilax officinalis

Fast Fact: Ayurveda and Unani

Ayurveda, or the 'science of life', is a system of holistic medicine—a form of healing that considers not just the body but also the mind, spirit and emotions—practiced in India. About 8 out of 10 Indians use it exclusively or in combination with conventional medicine.

Ayurveda emphasizes personalized treatment, and is believed to be as old as the universe itself.

Ayurveda can be divided into 8 branches: 1. Internal medicine, 2. Surgery, 3. Head and neck disease, 4. Gynecology, obstetrics, and pediatrics, 5. Toxicology, 6. Psychiatry, 7. The elderly and rejuvenation, and 8. Sexual vitality.

Ayurveda is recognized by the World Health Organization as a traditional medicine.

Unani is a popular system of traditional medicine in Asia, especially India. 'Unani' means 'Greek' in many languages, including Arabic, Urdu and Farsi.

It traces its roots to the Greek physician Hippocrates (c. 460 BC-c. 370 BC), who is credited with giving medicine the status of science by freeing it from the clutches of superstition and magic.

Unani practitioners prescribe medicines . . . recommend dietary changes . . . advise regimental therapy (exercise, massage, cupping, Turkish bath, etc.) . . . or perform surgery to treat conditions.



Sarsaparilla is also effective as an antibiotic, anti-inflammatory and anti-fungal agent . . . in keeping the blood and liver healthy . . . as an appetite booster . . . and as a digestive aid.

It also increases the urinary excretion of uric acid in cases of chronic nephritis (inflammation of the nephrons, the basic structure and functional unit of the kidneys).

Besides boosting general well-being, it is useful in treating dementia, including Alzheimer's, and other age-related cognitive conditions . . . chronic fatigue . . . Parkinson's . . . and post-traumatic stress disorders.

Sarsaparilla is also used as a steroid for performance enhancement and bodybuilding.

9. Nettle (Leaf)

In Europe, extracts from plants—including Nettle—are popularly used to treat benign prostatic hyperplasia (enlarged prostate).

Nettle relieves lower urinary tract symptoms such as weak urine flow . . . painful and difficult urination . . . incomplete emptying of the bladder . . . the increased need to urinate at night . . . dribbling . . . and genital discomfort.



Nettle
Urtica dioica

Nettle also inhibits the proliferation of cancer cells in the prostate.

It has powerful antioxidant properties, and has even been shown to have a protective effect on the kidneys and blood of patients administered the cytotoxic (anti-cell), anti-cancer drug, cisplatin.

Nettle may also prove useful in treating colitis (inflammation of the large intestine) . . . seasonal allergies . . . and pain and inflammation linked to hip, knee and hand osteoarthritis.

Incidentally, a study found Nettle to be the most commonly used herbal product among cancer patients in western Turkey.

10. Licorice (Root)

In Traditional Chinese Medicine, Licorice is one of the most frequently used herbs. Licorice has been used in China since the 2nd century BC.

Europeans have used Licorice as a medicine since prehistoric times.

Licorice can improve the quality of life of chronic hepatitis C patients. It is used in Japan as an antihepatitis medicine and to combat allergies.

Licorice's effectiveness in treating stomach ulcers is well-documented.

Licorice has potent antimicrobial properties and is useful in treating staph infections (skin boils, rashes, infections and scalding) in diabetics and those with weak immune systems.

Licorice not only reduces body fat mass, abdominal fat, thigh fat, weight and body mass index, it also lowers LDL-cholesterol levels in the body.

As a potent antiviral agent, Licorice is effective against even the severe acute respiratory syndrome (SARS).



Licorice
Glycyrrhiza glabra

"Dr. Martin Smith's interest in Chinese herbal medicine surpasses that of even some well-known Chinese herbalists. Breakthrough is an example of what the West can achieve with an open mind."—Chang Chien-tsai, Oriental Institute of Chinese Medicine, Shanghai, China

It is also useful as a memory enhancer and an antidepressant.

Because it fights cholesterol in the body and is a potent antioxidant, Licorice protects the heart and blood vessels from damage and disease.

Licorice is also useful as a digestive aid.

11. Ginkgo (Leaf)

Ginkgo is one of the most popular herbs in the United States and Europe.

In Traditional Chinese Medicine Ginkgo is prescribed for various conditions, including memory and concentration problems, confusion, depression, anxiety, dizziness and headache.

over, please . . .

Ginkgo is a frequently prescribed treatment for tinnitus.

It dilates blood vessels to increase blood flow, thins blood, modifies signal-transmitting systems, and acts as a free-radical scavenger.

Ginkgo also improves mental functions and quality of life in healthy people.

It is also effective as a treatment in mild to moderate Alzheimer's, and in delaying deterioration and improving symptoms linked to the disease. Ginkgo is widely used in Europe for treating dementia.

Besides dementia, Ginkgo may also be useful in treating leg pain, discomfort, tiredness and limping.



Ginkgo
Ginkgo biloba

Ginkgo also provides relief from fatigue, reduces symptoms, and improves memory, attention and functionality in people with multiple sclerosis.

It is also used in treating glaucoma, macular degeneration, and Raynaud's disease, a condition in which cold temperatures or strong emotions cause blood vessel spasms that block blood flow to the fingers, toes, ears, and nose.

Ginkgo may also be useful in combating the occurrence and proliferation of cancerous cells, and in preventing and treating cancer.

Ginkgo is an anti-inflammatory and antispasmodic, and a free-radical scavenger.

As you may have noticed, the whole-herb extracts in **Breakthrough** are derived from the most nutrient-rich part of the plant, which in most cases is the leaf or root. This is to ensure instant strength building. On the other hand, standard supplements often also use the stem and bark of the plant and this causes problems for the digestive system.

Unlike inferior herbs, which act only on individual organs, herbs used in **Breakthrough** can be taken for extended periods of time with cumulative benefits.

***Breakthrough* has been specially formulated for male needs.**

Breakthrough also contains extracts from pumpkin seeds to benefit intestinal, prostate, and genitourinary tract health.

Pumpkin seeds have been a part of Chinese herbal medicine since the 17th century.

They have had a long association with intestinal, prostate, and genitourinary tract health. Here in North America, Native Americans have for long used pumpkin seeds to treat a number of conditions, including intestinal infections, kidney complaints and genitourinary problems.

Doctors who recommended herbal medicine at the end of the 19th century prescribed pumpkin seeds to treat urinary tract problems and gastritis, and to remove tapeworms and roundworms from the intestines.

For benign prostatic hyperplasia (enlarged prostate), doctors in Europe prescribe drugs made from pumpkin seed extracts.

Besides keeping the prostate healthy, pumpkin seeds combat prostate irritation and inflammation.

Because they also contain the essential amino acid, l-tryptophan, pumpkin seeds—if taken in substantial amounts—may also help lift mood.

L-tryptophan is used to treat a number of conditions, including depression, seasonal affective disorder, sleep disorders, anxiety and nicotine addiction. The body does not produce l-tryptophan, which must be acquired from animal and plant protein. L-tryptophan is absorbed and eventually converted into serotonin.

Serotonin is a chemical that helps relay signals within the brain. Serotonin helps stabilize our moods. Incidentally, although serotonin is a brain chemical, 90% of the supply resides in the gastrointestinal tract and in blood platelets.

Besides l-tryptophan, pumpkin seeds contain omega-3 fatty acids, carotenoids, manganese, magnesium,

Reviewed and Endorsed

Breakthrough and all our other products have been reviewed and endorsed by doctors, chiropractors, and complementary and alternative health practitioners. Reviews and endorsements are on file and can be made available on request. Please write or e-mail:

Director - Marketing,
The Martin Smith Clinic & Health Awareness Center,
Address
E-Mail

phosphorous, copper, protein, iron and zinc.

In herbal therapy, pumpkin seeds are also used to counter fluid retention in the body . . . treat prostate cancer . . . prevent stomach cancer . . . combat cadmium toxicity . . . counter mild constipation . . . and to treat pulmonary ailments.

Another benefit of pumpkin seeds is their apparent ability to reduce levels of substances that encourage stone formation in the urine while simultaneously increasing the levels of those substances that inhibit stone formation.

"I really looked forward to retirement. Couldn't wait to hit the "golden years," and sit back and start taking advantage of all those "senior-only" discounts and travel bargains. And I couldn't wait to cash in on all the hard work I'd put in when I was younger - Social Security, my pension plan, my IRA.

I left the working world when I was 62. I swear I didn't look my age. Hair was kind of salt and pepper gray, but pretty much all there. And I kept myself in good physical shape. Worked out two or three times a week. Watched my diet. To tell the truth, I was feeling pretty proud of myself.

But all of a sudden, when I turned 65, I started to feel my age. I thought my sexual prowess had gone the way of the Dodo. And that made me feel even older. My wife didn't say anything, but I knew what she was thinking.

After taking Breakthrough for a number of months, all I can say is, talk to my wife. She says that she feels like she's living with a 25-year-old again! Now, I can golf 18 holes again, easy, when a lot of my golfing buddies can only do 9. And, we don't need to eat out with the other "early birds." If we do decide to hit the sack early - well, more times than not - I keep my wife awake, if you know what I mean!"—Ken Rogers, KY

Pumpkin seeds may also help protect the heart and bones.

Pumpkin seeds may also provide relief from arthritic inflammation comparable to that obtained by the use of the non-steroidal anti-inflammatory drug, indomethacin, which has many side effects, including ulcers, bleeding or holes in the stomach or intestine, heart attack, stroke and liver damage.

As you can see, ***Breakthrough*** is unmatched by any men's dietary supplement available today.

And a 30-, 60- or 90-day supply of ***Breakthrough*** is yours free—along with several other free gifts and benefits—when you send in your Membership Approval Certificate (page 17).

So, how much do you think membership should cost?

The maximum value of membership is \$312.00 (see the Membership Approval Certificate for details).

Members pay \$49.95 for a 30-day supply of ***Breakthrough*** . . . \$79.95 for a 60-day supply . . . and \$105.95 for a 90-day supply. Shipping and handling extra.

A yearly subscription to the *Milestones in Men's Health* news magazine costs \$39.95 (6 issues)—\$69.95 for 12 issues and \$99.95 for 18 issues.

My new 326-page book, *What's Eating American Men: Diet, Disease and Death in America*, is expected to retail at \$22.45.

The 7 special reports are easily worth at least \$83.65 (\$11.95 X 7).

If you include the 2 e-mail consultations per year with me, membership could easily be worth much more than \$312.00.

But membership won't cost you even half as much.

over, please . . .

Quality Assurance Pledge

We are one of the few manufacturers in the United States who formulate and manufacture our products 100% in-house.

All our products are plant-sourced and manufactured according to the current good manufacturing practice (CGMP) regulations of the U.S. Food and Drug Administration.

All our products are manufactured according to the CGMP for pharmaceutical-not food-products. Therefore, all our products meet stringent safety, quality, potency, purity and other pharmaceutical standards.

All our products are tested at an in-house ISO 17025 testing laboratory as well as at an independent testing laboratory.

All our products meet the identity, strength, quality, purity, ingredient and dietary supplement standards set by the United States Pharmacopeial Convention (www.usp.org). Incidentally, we are one of just 6 manufacturers of USP-verified dietary supplements in the world.

All our products are 100% vegetarian, organic, kosher, halal, and naturally protected from oxidation by vital food factors.

All our products can be taken on an empty stomach at any time. They are self-buffering, not acid-forming like chemically derived supplements.

All our products are free from peanut, soy, gluten, genetically modified organisms (GMO), dairy products, eggs, additives, adulterants, contaminants, synthetic or chemically derived active ingredients, preservatives, binders, pesticides, herbicides, sulfur, fumigants, heavy metals, pharmaceutical drugs and other undesirable and objectionable ingredients.

The Martin Smith Clinic & Health Awareness Center complies with the Public Health Security and Bioterrorism Preparedness and Response Act of 2002.

[Signature]

[Name]

Director - Quality Assurance & Quality Control

By the way, since the Martin Smith Clinic & Health Awareness Center is a Section 170(c) private operating foundation, 50% of your membership dues and purchases are tax deductible. Our IRS Employer Identification Number (a.k.a. Tax Identification Number) is XX-XXXXXXX.

One year's dues to the Martin Smith Clinic & Health Awareness Center are just \$49.95.

If you sign up for 2 years, you pay \$79.95.

A 3-year membership is yours for \$105.95.

As you may have noticed, a 30-, 60- or 90-day supply of *Breakthrough* costs just as much.

And we think it's only fair . . . since every penny is donated to the Center's continuing research in men's health.

The Martin Smith Clinic & Health Awareness Center is looking forward to and thanks you for your support.

Sincerely,

Signature

Martin Smith, M.D.

Founder & Director

P.S. We want to make your decision to become a member as simple and risk-free as possible . . . even though membership dues and proceeds from purchases are donated to the Center's continuing research in men's health. Therefore, if you are not satisfied for any reason, simply let us know at any time during your membership for a full refund of your membership dues. We will part as friends and you will never hear from me or the Center again. Of course, you keep the free gifts with our compliments.

P.P.S. If we receive your Membership Approval Certificate within 15 days, we will also throw in an attractive hooded sweatshirt and a membership certificate suitable for framing.

Statements made in this letter have not been evaluated by the Food and Drug Administration. Our products do not diagnose, treat, cure, or prevent any disease. The Martin Smith Clinic & Health Awareness Center advises you to 1) consult a physician before using any dietary supplement, 2) carefully read the label before using a dietary supplement, and 3) use a dietary supplement only as directed. IRON-CONTAINING DIETARY SUPPLEMENTS ARE DANGEROUS FOR CHILDREN.

Please return this Membership Approval Certificate in the postage-paid envelope to the Martin Smith Clinic & Health Awareness Center, Membership Services, Address. To place your order by phone, call XXX-XXXX-XXXX toll-free. Please keep your credit card handy. Thank you for your support!



FOR THE EXCLUSIVE USE OF THE ADDRESSEE ONLY. PRIVILEGES NON-TRANSFERABLE.

Membership Approval Certificate

Yes, Dr. Martin Smith: I accept your invitation to become a member of the Martin Smith Clinic & Health Awareness Center and would like my membership dues to be donated to the Center's continuing research in men's health. Please send me the free gifts and activate the other membership benefits I am entitled to on a priority basis after you receive my Membership Approval Certificate. My satisfaction is guaranteed or I can ask for a full refund of my membership dues at any time without having to return the free gifts.

Preferred Membership Choice

BEST VALUE: 3-year membership of the Martin Smith Clinic & Health Awareness Center

- Free 90-day supply of **Breakthrough** (270 capsules) worth \$105.95
- Free 3-year subscription (18 issues) to the *Milestones in Men's Health* news magazine worth \$99.95
- Free pre-release copy of Dr. Martin Smith's new 326-page book, *What's Eating American Men: Diet, Disease and Death in America*, worth \$22.45
- 7 free special reports worth at least \$83.65 (\$11.95 x 7).
- 6 e-mail consultations (2 per year) with Dr. Martin Smith
- 36% discount on all our products as long as you remain a member

Total Value: At least \$312.00. But you pay ~~\$312.00~~ \$105.95
You save \$206.05. Free S&H.

GREAT VALUE: 2-year membership of the Martin Smith Clinic & Health Awareness Center

- Free 60-day supply of **Breakthrough** (180 capsules) worth \$79.95
- Free 2-year subscription (12 issues) to the *Milestones in Men's Health* news magazine worth \$69.95
- Free pre-release copy of Dr. Martin Smith's new 326-page book, *What's Eating American Men: Diet, Disease and Death in America*, worth \$22.45
- 7 free special reports worth at least \$83.65 (\$11.95 x 7).
- 4 e-mail consultations (2 per year) with Dr. Martin Smith
- 36% discount on all our products as long as you remain a member

Total Value: At least \$256.00. But you pay ~~\$256.00~~ \$79.95
You save \$176.05. Free S&H.

GOOD VALUE: 1-year membership of the Martin Smith Clinic & Health Awareness Center

- Free 30-day supply of **Breakthrough** (90 capsules) worth \$49.95
- Free 1-year subscription (6 issues) to the *Milestones in Men's Health* news magazine worth \$39.95
- Free pre-release copy of Dr. Martin Smith's new 326-page book, *What's Eating American Men: Diet, Disease and Death in America*, worth \$22.45
- 7 free special reports worth at least \$83.65 (\$11.95 x 7).
- 2 e-mail consultations with Dr. Martin Smith
- 36% discount on all our products as long as you remain a member

Total Value: At least \$196.00. But you pay ~~\$196.00~~ \$49.95
You save \$146.05. Free S&H.

15-Day Fast-Response Bonus: I am responding within 15 days. Please send me the free hooded sweatshirt (SIZE: _____) and my membership certificate suitable for framing.

Preferred Payment Method

SAVE TIME: Call XXX-XXXX-XXXX toll-free to sign up. Please keep your credit card handy.

Charge my VISA MasterCard American Express Discover

Credit Card #

Card Expires

Signature _____

I prefer to pay by check (payable to 'Martin Smith Clinic & Health Awareness Center'). Enclosed is my check for \$105.95 \$79.95 \$49.95.

Name _____

Address _____

Contact Number (in case of any problems)

E-Mail Address (required for consultation with Dr. Martin Smith)

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