

# HSI HEALTH SCIENCES INSTITUTE

MEMBERS ALERT FOR SEPTEMBER 2000    Vol. 5, No. 3

*Private access to hidden cures...powerful discoveries...breakthrough treatments...  
and urgent advances in modern underground medicine*

## Health Sciences Institute Editorial Panel

The Health Sciences Institute network of medical experts stretches from New York, New York, to Petaling Jaya, Malaysia; from Portland, Oregon, to Wiesbaden, Germany. Our editorial-panel members are practicing physicians and other health professionals who offer the revolutionary treatments of tomorrow...today.

### Medical Advisor

#### Martin Milner, N.D.

Professor of cardiovascular pulmonary medicine and cancer, CNM.  
President of the Center for Natural Medicine, Portland, Oregon

#### Jon Barron

International lecturer, researcher, and author of *Lessons from the "Miracle Doctors."* Chatsworth, California

#### Howard Bezoza, M.D.

President and medical director, Physicians for Complementary Medicine, New York, New York

#### Hyla Cass, M.D.

Orthomolecular physician and psychiatrist, author of *St. John's Wort: Nature's Blues Buster* and *Kava: Nature's Answer to Stress*.  
Los Angeles, California  
<http://www.doctorcass.com>

#### M.M. Sree Ganesh, M.D.

Family practice in occupational health, holistic and natural medicine.  
Petaling Jaya, Malaysia

#### Ann Louise Gittleman, N.D., C.N.S., M.S.

International lecturer, spokesperson and author of over 15 books on health and healing including *Beyond Pritikin* and *Eat Fat, Lose Weight*.  
[www.annlouise.com](http://www.annlouise.com)  
Bozeman, Montana

#### Elson Haas, M.D.

Director, Preventive Medical Center of Marin, author of *The Detox Diet*, *Staying Healthy With Nutrition*, and *The Staying Healthy Shoppers Guide* among other works.  
San Rafael, California

*(continued on page 8)*

## Amazon "stone breaker" stops kidney stones—for good

The pain associated with passing a kidney stone can be excruciating (as you may know if you or someone close to you has ever passed one). It's said to be almost as painful as childbirth, if not worse. While not everyone with kidney stones experiences that level of pain, five and a half million Americans this year will be faced with the serious health threat associated with them...and the difficulty of managing this health risk for a lifetime. Recently, however, HSI researchers uncovered a time-tested solution that can finally manage your kidney stones.

From the depths of the Amazon rain forest comes an herb that not only helps expel stones, but actually blocks them from forming. The locals know it as chanca piedra, the "stone breaker," and have been using it for generations.

### Don't get stuck in the dangerous stone cycle

As you may already know, kidney stones are formed when urine becomes too concentrated—usually due to chronic dehydration, infection, various kidney disorders, deficiencies in magnesium, and excess purines or oxalates in the diet (see sidebar on page 3).

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*If left untreated, stones can block urine flow and result in injury and kidney failure.*

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Calcium in the urine, often mixed with oxalate (a salt) or uric acid, gradually forms deposits in the kidneys. Eventually, the small sand-like particles will make their way into the urinary tract, to be painfully passed during urination. When symptoms occur, they usually begin with a dull throb in the back and side. As the stone makes its way further down the urethra, the dull throb becomes a sharp pain, which continues, and sometimes worsens, until the stone has passed. There may also be blood in the urine, at this point.

The risk comes when the stone gets too large to pass. If left untreated, it can shift and block the urine flow, possibly injuring the kidney. If the stone isn't removed immediately, it could result in kidney failure. Once they grow too large, the stones will have to be either crushed into smaller pieces via lithotripsy (see the sidebar on page 3) or removed surgically. You're much better off if they're expelled before they get too big.

Chanca piedra can help you do that.

*(continued on page 2)*

## 94 percent successful in eliminating stones

Chanca piedra has proven to be a potent anti-spasmodic. In other words, it prevents muscle spasms while at the same time, facilitates the expulsion of kidney stones by helping to relax the smooth muscle tissue in the ureter and bladder walls.<sup>2</sup>

*If you have one occurrence of kidney stones, you're almost assured a repeat visit. It's a lifelong disorder.*

(According to HSI medical editor, Dr. Martin Milner, this also makes chanca piedra a possible treatment for menstrual cramping and hypertension.)

The urinary tract is a tight, narrow tube. Chanca piedra relaxes that tube, opening it up and letting the stones move down with much greater ease.

*And greater ease means less pain.*

How successful is chanca piedra in expelling stones? Dr. Wolfram Wiemann of Nuremberg, Germany, an advocate of the herb, investigated the question. After carefully reviewing over 100 case studies, he found the herb *94 percent successful in eliminating stones.*<sup>3</sup>

But the stone breaker's benefit doesn't end there.

### Chanca piedra prevents stones from forming

Kidney stones are tough to live with. Not only

do you have to deal with the pain and the fear of serious kidney damage, but your life ends up revolving around your stone-formation cycle. You don't want to be on a two-week trip when your stones start acting up...if one of them blocks off a kidney, where would you find an emergency room? And what if you're driving on a crowded highway and are suddenly hit with the blinding pain of passing a stone? These are *very real*, and *very dangerous* possibilities.

*After carefully reviewing over 100 case studies, Dr. Wolfram Wiemann found the herb 94 percent successful in eliminating stones.*

And the problem doesn't end with just one stone. If you have one occurrence of kidney stones, you're almost assured a repeat visit. It's a lifelong disorder.

But now, you don't need to twist your schedule around a possible kidney-stone crisis or live in fear of one. Chanca piedra, by inhibiting stone formation, can give you back your freedom.

In a 1999 study, researchers confirmed that chanca piedra has a "potent and effective" inhibitory effect on the formation of calcium-oxalate crystals (the

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<sup>1</sup> Monograph, "Royal Break-Stone," found at [www.naturalhealthconsult.com/monographs/breakstone.html](http://www.naturalhealthconsult.com/monographs/breakstone.html)

<sup>2</sup> *Braz J Med Biol Res* 17(3-4):313-321, 1984

<sup>3</sup> "Chanca Piedra," referenced quote 17, found at [www.rain-tree.com/chanca.html](http://www.rain-tree.com/chanca.html)



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### Our Mission

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

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

### How to contact the Health Sciences Institute

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building blocks of most kidney stones). Not only that, but this effect was found even at *very* high levels of calcium oxalate.<sup>4</sup> There's something in the chemical makeup of the herb that prevents stone formation, though the researchers were unable to determine precisely what it is.

### How to get relief—now

Raintree Nutrition, a company dedicated to getting little-known rain forest cures into the U.S. market, carries a potent chanca piedra extract. It comes in a 2-ounce bottle for \$18.95 (roughly a month's supply). They recommend taking 30 drops, once or twice daily.

If you're suffering from the fear and agony of kidney stones, you *need* to give chanca piedra a try. Apart

from occasional cramping from stone expulsion, *it has no side effects*. And the herb has proven itself, both in clinical practice and in the laboratory.

See your Member Source directory for ordering information. **HSI**

<sup>4</sup> *Nephron* 81(4):393-397, 1999

<sup>5</sup> "Kidney Stone in Adults," National Kidney and Urologic Diseases Information Clearinghouse

<sup>6</sup> *Family Practice News* 21:35021B, 2000

### Health on the high seas

Cruise your way to better health! We're pleased to announce that we're finalizing plans for the first HSI Cruise. See Future issues for details on dates, speakers, and topics.

## Kidney Stones 101—causes and treatments

Kidney stones are in many ways a mystery. In the past 20 years, the number of occurrences has been growing in the U.S. (up to five and a half million episodes this year alone). The cause of the increase is unknown.

On average, men are more likely than women to develop stones, though the numbers of afflicted women have been increasing.<sup>5</sup> And if your family has a history of stones, you have an increased chance of developing them yourself.

Diet plays a role in the cause and prevention of kidney stones. If your stones are composed of calcium oxalate, you should avoid dairy products, chocolate, tea, dark-green leafy vegetables, antacids, and anything else high in oxalate. On the other hand, if your stones are formed from uric acid, you need to significantly reduce the amount of red meat you eat.

You should also drink more water (at least 2 liters a day—see the article on water in last month's issue). Water helps dilute the urine and prevent the formation of stones. It also helps flush out the smaller stones that may already be present in your kidneys.

A recent study has also revealed that vitamin B6 acts to prevent stones as well, and should be part of your regimen.<sup>6</sup>

If, however, you feel an excruciating pain around the area of your kidneys, that neither moves (indicating a stone passing) or relents and you're unable to pass urine, you'll need to go to

the hospital *immediately*. This could be an indication that a stone has gotten lodged, and it'll need to be dealt with quickly.

If you have stones too large to expel (generally revealed through an X-ray), you'll have to look at other options. The most common is extracorporeal shockwave lithotripsy (ESWL). This procedure uses shockwaves to travel through the tissue and crush the stones. The smaller, sand-like particles are then passed out through the urinary tract.

ESWL isn't generally dangerous, but it does have some side effects you should be aware of. Abdominal or back bruising can occur, and most patients have blood in their urine for a few days after treatment. Occasionally, the offending stones aren't crushed finely enough to be expelled; in that case, additional ESWL treatments may be necessary.

Another alternative is IV chelation therapy with EDTA, magnesium, and B vitamins. This is especially effective in stones that are calcium oxalate rather than pure urate. The EDTA extracts the calcium and gradually dissolves the larger stones.

The American College for Advancement in Medicine is one prominent organization that trains doctors in IV chelation and can provide a list of physicians in your local area. Send a #10 self-addressed envelope, plus \$1 postage to: American College for Advancement in Medicine, P.O. Box 3427, Laguna Hills, CA 92654.

You can also see their website at [www.acam.org](http://www.acam.org).

# AHCC proves its power to HSI members

## Cancer shrinks 20 percent in three months

When we received the letter from Marie Morrissey, one of our members from Whitstone, New York, we were thrilled.

Marie read our January 2000 issue featuring AHCC (ImmPower), a hybridized mushroom extract that electrifies the body's immune system. Struggling with breast cancer, she decided to try ImmPower, hoping it would help. After just three months, a cancer blood test showed that not only had the tumor stopped growing, but *it shrank 20 percent!* That's 20 percent in three months.

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*“ImmPower was like a shot in the arm. It gave me so much more energy. I could do more. I was able to go through the day without having to rest. Now I have the energy to take care of myself.”*

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“I am convinced that it was due to ImmPower. I am grateful for all the natural products I learn about in the health letters, especially ImmPower in Health Sciences Institute. Could ImmPower be the answer to cancer?”

You can imagine we were elated by the wonderful results Marie received and immediately called the makers of ImmPower to see if they had gotten any more feedback from our members.

Apparently, since the original story ran in January, they've been flooded with remarkable stories like Marie's from other HSI members.

### **HSI members experience immune-system energy boost**

As we told you in January, ImmPower has been shown to *triple* the activity of NK cells. And the more active the cells are, the more enemy cells are destroyed. Once your immune system is back on track, you'll not only have protection against disease but you could very well also experience a surge in energy. HSI member Bonnie Herrig of Marysville, California, discovered this for herself.

“I noticed the change almost immediately. Before I started taking it, I felt like I was just existing. I didn't

have the motivation to go through the day. It just felt like a daily routine. But this product was like a shot in the arm. It gave me so much more energy. I could do more. I was able to go through the day without having to rest. Now I have the energy to take care of myself...and I can extend it to friends who are less fortunate. I can do more for others. And the effect doesn't fade as time goes on. It's just a wonderful product. I don't want to be without it.”

Member Jacqueline Turchick of Tucson, Arizona, had a similar experience. After finishing radiation treatment for breast cancer, she remembered the HSI article about ImmPower she'd read in the January 2000 issue. This, she thought, would be the perfect time to try ImmPower. She was right.

### **Natural Killer cells— your body's best friends**

It's no exaggeration to call your body a battlefield. A fierce and constant war is being waged right now inside of you. The stakes are high, and your health is the prize.

At every moment of every day, disease is trying to invade your body. Luckily, you have powerful allies on your side: Natural Killer (NK) cells. NK cells are very much like an army on patrol. They swarm through the body, seeking out tumor cells and infectious microbes (the opposing soldiers). When the enemy is located, the NK cells bind themselves to the target and shoot a burst of chemicals into the offending cell, causing it to literally explode.<sup>1</sup>

A body that has a sufficient number of active NK cells is healthy. The enemy is overwhelmed and destroyed. However, if the NK cells are few or inactive, the body is defenseless. Microbes, tumor cells, and diseases find themselves unopposed and quickly make a home in the immune-deficient body.

If you're sick or suffer from disease, you need to jumpstart your NK cells. That's what ImmPower helps you do.

*For ordering information, see your Member Source Directory on page 8.*

<sup>1</sup> “Understanding the Immune System: Natural Killer Cells,” found at <http://rex.nci.nih.gov/patients/>

“My results were dramatic. I didn’t expect to get such a big energy boost after only a few days. However, what really surprised me was my dramatic increase in strength. It came so quickly, I was shocked.”

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*“I didn’t have the nausea, the weight loss or the lack of energy that’s usually associated with my chemotherapy treatments.”*

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Now, Jacqueline sends ImmPower to her friends and family, knowing they, too, would benefit from this powerful but little-known extract.

“My doctor never mentioned this product to me so if it weren’t for HSI, I would have never known about ImmPower (AHCC).”

### **ImmPower fights the side effects of chemotherapy**

Member Carol Lawton of Grand Junction, Colorado, also tried ImmPower after reading our article. Undergoing chemotherapy for breast cancer, Carol found the ImmPower a strong counter to the standard chemo side-effects.

“I didn’t have the nausea, the weight loss, or the lack of energy that’s usually associated with my

chemotherapy treatments.”

Even though she’s completed her chemotherapy, she still takes ImmPower to build up her immune system and to help her remain healthy.

“I am very happy I read about ImmPower. It has helped me considerably, and I continue to take it every day.”

“If it weren’t for the Health Sciences Institute, I never would have learned about ImmPower and I never would have felt so much better after having taken it.”

### **Send us your success story**

Health Sciences Institute isn’t just a network of doctors. You’re critical to our mission of reporting on the best available alternative treatments.

We can tell you what the research reports show...we can explain how the extract works...we can tell you where to get it and how much to pay. But only you can describe the *profound* and often lifesaving results.

Please don’t hesitate to let us know of your success stories so we can help spread the word to help others. Write to: Health Sciences Institute, 819 N. Charles St., Baltimore, MD 21201. **HSI**

## **MEMBER QUESTIONS...MEMBER QUESTIONS...MEMBER QUESTIONS**

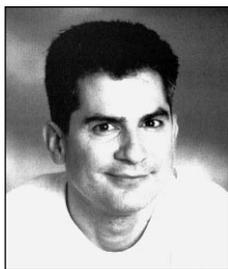
### **Aromatherapy first-aid**

**Q.** I’ve recently heard about an aromatherapy “emergency mixture,” or something like that. Am I correct? If so, what does it contain, and how do I use it?

*Steve L., Londonderry, NH*

Panelist, Dr. Victor Marcial-Vega answers:

**A.** “Emergency Mixture” may be the name of a specific product. I’d need to know what company makes it and what oils are in it to comment on that specific item.



However, I’ve used several oils for emergency situations with great success. The following two are blends I use for these purposes:

The Panic Attack blend contains valerian root oil (known for its relaxing power) and other essential oils. It decreases anxiety attacks from severe stress and grief within minutes in 80 percent of the patients I’ve observed using it.

It’s inhaled directly from the bottle for at least one minute. As you inhale, you’ll get calmer and the color will return to your face—indicating a generalized relaxation response (a reaction of the brain to the various scents). This essential-oil blend can be used safely by patients receiving other anti-anxiety medications—like tranquilizers and antidepressants—with very little chance of adverse reactions.

There is also a Stress blend containing ylang-ylang, which is used in much the same way and has a general calming effect in less severe cases. Ideal for day-to-day job-related stress, it can be inhaled as often as needed and can even be diffused in the air. There are two ways to do this. Take a water spray bottle, add about 20 drops of the blend to half an ounce of water and spray the air. This will help purify the air since it has oils that eliminate microorganisms as well as relax the environment.

You can also put the oil on a paper napkin and place it on the intake of an air conditioner. This will also diffuse oil throughout the room. **HSI**

## Is your weight loss formula missing an essential element?

For millions of us, being overweight *isn't* just a physical condition. It's an emotional condition as well. When you're uncomfortable with your weight, you feel worse about yourself. In fact, a recent study of 40,000 Americans concluded that overweight people are much more likely to suffer from major depression.<sup>1</sup>

It's not hard to figure out why. Television and magazines are full of impossibly thin people. And you're made to feel like you can never match up.

We've recently run across an herb that can not only help you lose weight, but *improve your feeling of well-being and ability to handle stress as well!*

This may be the forgotten element of weight-loss: a person losing weight should address his physical *and emotional* well-being. If you're trying to slim down without addressing the underlying sadness, disappointment, and guilt that come with being overweight, your battle could be much harder.

Researchers have firmly established the need for mood stabilization in weight loss.<sup>2</sup> In fact, some new studies are looking at the use of antidepressants in treating obesity.<sup>3</sup>

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*“Rhodiola rosea doesn't just aid with weight loss...it's also a gentle but effective mood enhancer, helping to prevent sudden emotional shifts..”*

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### The flower that helps you look *and feel* better

Recently, researchers have discovered the slimming properties of rhodiola rosea (or goldenroot), a little known flower that grows wild in the northern regions of Europe and Scandinavia. Chemicals in the flower activate the enzyme lipase, which works to shrink fat cells.

In a clinical study at the Georgian State Hospital

## Two other herbs to help you take the pounds off

In creating Weight Wellness, the formulators at NorthStar Nutritionals have included two other proven fat-burning herbs.

### Rhododendron caucasicum inhibits your body from absorbing fat

From the Caucasian mountains of Georgia, in the former Soviet Union comes rhododendron caucasicum. A cousin of the bushes you may have growing in your backyard, *this* variety of rhododendron contains chemicals that actually block the absorption of the fats you eat.

This was demonstrated in a clinical study at Moscow State Hospital, where 132 volunteers were given 150 milligrams of rhododendron extract three times daily, prior to eating. A control group received the same diet, but without the extract. At the conclusion of the study, both groups' feces were examined for total protein and fat. The rhododendron

group had a 15-20 percent greater fat excretion than the control. In other words, *fat absorption was blocked* for those using the extract.<sup>4</sup>

While there's no evidence of rhododendron stripping the body of nutrients, you might want to take a good fatty acid supplement if you try weight wellness.

### Seaweed extract jumpstarts your body's fat-burning engine

Seaweed has long been an important part of the Asian diet. And not surprisingly, Asians have a very low incidence of obesity. Seaweed certainly isn't the only reason for this trend, but it *can* play a vital part in the weight loss regimen of anyone looking to slim down.

This briny plant affects your iodine levels, which increases thyroid function and metabolic activity. If your metabolism is heightened, you'll burn more fat, faster.

Seaweed also contains bulky material, which acts as a sweeper through your digestive system, pulling out harmful fat.

<sup>1</sup> AM J Public Health 90(2):251-257, 2000

<sup>2</sup> Eat Weight Disord 3(2):78-83, 1998

<sup>3</sup> Med Hypotheses 54(6):990-994, 2000

(in the former Soviet Union), 130 overweight patients were given rhodiola rosea extract for 90 days. At the conclusion of the study, 92 percent lost an average of 20 pounds. A control group on the same diet—but without the flower extract—lost only 8 pounds.

But rhodiola rosea doesn't just aid with weight loss. It's also a gentle but effective mood enhancer, helping to prevent sudden emotional shifts. This effect is even stronger in those individuals who suffer from mild to moderate depression.

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*“A recent double-blind placebo test of the herb on foreign students in Russia showed a dramatic improvement in feelings of well-being and the ability to handle stressful situations.”*

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The flower extract's effects on stress are well documented. A recent double-blind placebo test of the herb on foreign students in Russia showed a dramatic improvement in feelings of well-being and the ability to handle stressful situations.<sup>4</sup>

To those familiar with rhodiola rosea, this effect will probably come as no surprise. For years, the flower was known and used as an adaptogen—an herb that helps your body adapt to a variety of stresses placed upon it. If you're low on energy, the herb can increase it. If your immune system is battered, the herb can fortify it. And if your mood is down, the herb can lift it.

With rhodiola rosea, you'll have an effective weapon against the physical *and emotional* aspects of obesity.

### **Rhodiola rosea is now available in Weight Wellness**

Recently, HSI was informed of the development of Weight Wellness, a new weight loss product from NorthStar Nutritional, L.L.C. that includes rhodiola rosea.

Since the herb isn't very well known in this country (and is difficult to get), NorthStar has scored a real coup. They've included 100 mg. of rhodiola rosea in their formulation—enough for you to benefit from its proven powers.

NorthStar recommends taking 1 tablet with meals, twice a day. A bottle of 60 tablets costs \$29.95, plus \$4.50 s/h.

Weight control is an individual thing. What works for one person may not work for another.

If you want to lose weight, and nothing else has worked, rhodiola rosea may well be the missing ingredient. Not only will you look better...you'll *feel* better.

*See your Member Source Directory for ordering information.*

Note: Weight wellness is a completely new formulation. As such it won't be ready for shipment until October 10. **HSI**

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<sup>4</sup> Larionov L, PhD Dissertation, Moscow State University Press, 121

<sup>5</sup> *Phytotherapy* 7(2):85-89, 2000

### **Catch up with Ann Louise Gittleman**

HSI panelist on tour for her newest book

**September 22-24:** Natural Products Expo East, Baltimore, MD; Ann Louise will be signing several of her books.



**September 26:** Barnes & Noble book signing and lecture on *The Living Beauty Detox Program*, 842 Sunrise Highway, Bay Shore (Long Island), NY 11706.

**September 27:** MSNBC cable channel, live, in-studio television interview; to run between 1 p.m. and 4 p.m. For details, check the MSNBC website at [www.MSNBC.com](http://www.MSNBC.com).

**September 28:** Barnes & Noble book signing and lecture on *The Living Beauty Detox Program*, 1542 Northern Boulevard, Manhasset (Long Island), NY 11030, 8 p.m.

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(continued from page 1)

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Author of *My Healing From Breast Cancer*. Stamford, Connecticut

**Tadahiro Makise, M.D.**

Chief, Shin-Yokohama Ekimae Clinic, Yokohama, Japan

**Victor Marcial-Vega, M.D.**

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**Claus D. Martin, M.D.**

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**Michael E. Rosenbaum, M.D.**

Allergy, immunology, and clinical nutrition; Co-author of *Super Supplements* and *Solving the Puzzle of Chronic Fatigue*. Corte Madera, California

**Robert Sinnott, Ph.D.**

Expert in biochemical technologies, leading researcher of natural treatments incorporating herbal and plant medicines and modern biotechnology. Phoenix, Arizona

**Randall Wilkinson, M.D.**

Board member, American Academy of Environmental Medicine; specialist in anti-aging research and nutritional healing. Coeur d'Alene, ID

**Robert Yee, M.D.**

Orthomolecular, functional, and mind-body medicine, Health and Wellness Associates. Santa Rosa, California

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

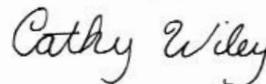
## Share Your Stories: Battling MS

In the August 2000 HSI issue, we answered a member's question on Procarin, an alternative treatment for multiple sclerosis. The response generated from that one question convinced us that MS is clearly a subject you want more information on.

I'm currently reviewing research on MS and am excited about the healing breakthroughs we've uncovered so far. As you may know, the causes of MS are virtually unknown and mainstream treatments have little to offer. However, alternative medicine offers much more...in fact, so much that it's more information than could be contained in a single HSI issue. Therefore, we're creating a new special report that focuses on MS, its possible causes, treatments, and success stories. And that's where we need your help.

As part of the HSI network we'd like to include any alternative treatments that you—or someone you know—have used and found successful or *unsuccessful* for the treatment of MS. Please email me at [cwiley@agora-inc.com](mailto:cwiley@agora-inc.com) or write to Cathy Wiley, 819 N. Charles St., Baltimore, MD 21201, and include details of the treatment, including frequency, cost, source, success, etc. I look forward to hearing from you.

And look for the MS report in the upcoming months



HSI Ancillary Product Manager

### MEMBER SOURCE DIRECTORY

**AHCC (ImmPower)**, Harmony Co., 803 East Street, Frederick, MD 21701; tel. (800)404-4428; fax (301)695-3632. A 30-capsule bottle is \$49.95, plus \$5 shipping and handling.

**Chanca Piedra Extract**, Raintree Nutrition, Inc., 10609 Metric Blvd., Suite 101, Austin, TX 78758, tel. (800)780-5902 or (512)833-5006, fax (512)833-5414.

**Panic Attack blend** and **Stress blend**, Health Horizons, 2916 Douglas Road, Coral Gables, FL 33134; tel. (800)771-0255 or (305)442-1233. \$20.00 a bottle, plus \$2.50 shipping handling.

**Weight Wellness (including rhodiola rosea)**, NorthStar Nutritionals LLC., tel. (800)311-1950. A one-month supply is \$29.95 plus \$4.50 shipping and handling (in the continental U.S.). Weight Wellness is a completely new product. For this reason, it won't be ready for shipping until October 10. Orders taken now will be fulfilled as soon as the final product is available.

**Weight Loss that Works**, For more information on revolutionary weight loss, HSI has written a report entitled **Weight Loss that Works**, detailing its latest research. It's available for \$19.95 plus \$5.00 shipping and handling, and has a 30 day money back guarantee. Ask for order code 1293. Tel. (800)981-7157, fax (410)230-1273, Health Sciences Institute, dept. SWLR-1293, PO Box 977, Frederick, MD 21705-9838.

*We regret that not all products are available in all locations worldwide.*

**The above statements have not been evaluated by the U.S. Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

All prices are based on U.S. dollars. Shipping and handling costs outside the continental U.S. vary. Call for rates.