

FREE REPORT REVEALS: How you can secure your retirement in good health - slow down the aging process... boost your immune system...increase your energy and vitality...NATURALLY!

Dr Martin Smith, world-class expert on men's health and the link between nutrition and disease, is ready to share with you some health secrets that would normally cost you the price of an appointment with a specialist doctor.

Are you looking forward to retirement but worry if your health will remain as good as it is now? Or could your health stand improvement as it is?

Dr Martin Smith, of the **Martin Smith Mens Health Clinic**, has proven truth in the saying "you are what you eat". After years of treating middle-aged men with health disorders and seeing his own dad die soon after he retired, he's on a mission. He wants to help men like you protect your health now and into the older years.

It's well known that 95% of all diseases are created by stress, bad diet and a lack of exercise. On top of that, the pace of modern life makes it very hard to *make the time* to take an active role in prevention.

Years of relentless hard work, stressful situations and a toxic diet are conspiring to plant a time-bomb in your body, set to go off when your guard is down – when you retire.

It's easy to expect too much from prescription and over-the-counter medicines. Drugs don't build health, nutrients do! Nutrients inside whole natural foods are the building blocks to health and recovery, yet most people today are trying to live on dead, processed foods that cannot support life.

Processed foods, and even cooked foods, are causing our bodies to slowly become under-nourished. This is not the type of mal-

nourishment you get from going hungry. It's a type that's going unnoticed inside your body at the cellular level over many years.

Our digestive system was designed to absorb the whole nutrient complexes in natural *raw* foods. But we eat mostly cooked and processed foods – foods in which the nutrient complexes are broken down and robbed of their full nutritious value.

Our bodies are constantly making up for the short-fall by releasing its own stored nutrients and white blood cells into our system. It does this because the processed or cooked food we just ate is not the full quid. Our body thinks the food we just ate is some sort of pollutant or worse, a germ. Our immune system goes into overdrive.

After many years of this, as we get older, our body becomes less resistant to infections and viruses. We become more prone to catching the flu, experience wear and tear in our body (arthritis) and brain (alzheimers).

The common diseases of today are known as *long-latency diseases* because they percolate for many years before symptoms appear. Once symptoms do appear the damage was simmering for so long that contra-indications appear. Then doctors have a hard time making a diagnosis – and before you know it, you're on the treadmill of doctor hopping getting increasingly frustrated.

Good health is the only wealth.... Your work and your family all want a piece of you and you give it willingly. But are you giving yourself back what you need the most? Don't outsource your well-being because you don't have the time. If you wonder when old age is going to creep up on you.....you can stop it right there and give it the 'about-face'.

Dr Martin Smith, is offering you his **FREE 'Little Book of Wellness Secrets**. He shares with you priceless knowledge he gained from years of researching the link between nutrition and disease. You'll find out what you can do to fortify yourself against premature aging and long-latency diseases so you can protect your health for an active and enjoyable retirement.

Call our toll-free number 1800xxx to claim your FREE copy TODAY – while stocks last! Or fill in and

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