

**Turbo-charge your health and vitality
NATURALLY....
Live Long ---- Live Well ---- starting NOW**

You know how important is good health for a life worth living. When **you** stop work and have time to reward yourself, will your health come to the party?

The biggest risk is simmering bad health ready to explode as soon as you change pace...like the transition from work to retirement.

A time bomb could be ticking away inside you and you'd never know it.

Find out how to stop your health from declining in your retirement years

Dr Martin Smith, world-class expert on men's health, 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.

Inside you'll find:

- ☑ 10 super-foods you should always have in your kitchen
- ☑ How to lose weight without dieting
- ☑ 12 tips on making you bullet-proof to every-day stresses
- ☑ 8 muscle-tone exercises you can do from the comfort of your office chair
- ☑ *How you can have your cake and eat it.*

There's a limited supply of this remarkable booklet – SO ACT NOW! *Your health can't wait.*

To claim your FREE copy, just go to [www.megaman.com/wellness secrets](http://www.megaman.com/wellness_secrets) and fill in the form to receive a copy in the mail or a softcopy to your email address.

IF YOU PREFER, you can call our Toll-free number on 1800 xxx xxx. One of our friendly Customer Service staff will take your postal details and mail your copy TODAY!