

How can pumpkin seeds, whole foods and algae push your health, vitality and sex drive into over drive?

Find out today for the price of a bottle
of water and discover the latest
in natural health news.

Dear health nut,

What do you spend \$1.18 a day on? A steaming cup of joe at the corner bistro on the way into work. Maybe a bottle of water with lunch?

Heck now-a-days either of those things would cost you closer to five bucks and not be near as healthy for you as what I get for my \$1.18 a day.

Is old age creeping up on you despite all your exercise and healthy eating?

I got my wake up call a couple years back when my doctor told me I had a 40% blockage of my left coronary artery. After 51 years of eating right and staying active this came as quite a shock.

“But doc,” I complained. “You didn’t tell me I had high cholesterol.”

“That’s because you don’t,” he replied.

Now how could this be?

I didn’t know then, that **more people with normal cholesterol levels die every year from heart disease than those with elevated cholesterol.**

My doctor’s answer to this health crisis was a cocktail of blood thinners and statins even though I had normal cholesterol.

But, **my** answer was more raw fruits and veggies -

(over please)

and a little pill created by one of the world's leaders in age-related disease research, nutrition and alternative therapies

Three doses a day of this little capsule and I went from 30th to 5th in the local 10k.

I run several marathons every year. I knew my body was beginning to feel its age when I started to fall in ranking ... just a few places at first. Then I slipped back nearly to the end of the pack last year. The shocking news from my doctor sent me in search of the healthiest way to fight back Father Time.

It was then that I stumbled onto an ad by Dr. Martin Smith who was looking for subjects for his Men's Elixir© clinical trials. When he heard my background he accepted me right away.

According to Doc Marty (that's what I call him) ...

“The **true cause of old-age disease** was nothing more than a lifetime of lacking important micro-nutrients.”

He explained to me that, like the huge amount of raw foods people once ate before the industrial age, his Men's Elixir© . . .

- Helps **prevent cancer** by providing the body with critical free-radical fighting anti-oxidants.
- Fortifies the body, and **builds strength and stamina** by providing every single one of the most important vitamins and minerals essential to a man's body.
- Helps **strengthen the immune system** and aids in digestion by providing important enzymes.
- Drives all of the important minerals and vitamins into the tissues of the body with plant based phyto-nutrients you simply won't find in any synthetic over-the-counter supplements.

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I got a stronger, healthier, sexier body with all the stamina to go with it for less than a bottle of water.

Like me, Doc Marty experienced the terrible affects most people associate with old age.

Studying at John's Hopkins he learned the usual healing methods employed today. You know ... drugs, drugs and surgery. Unfortunately, even with all his medical know-how he was unable to rescue his father from the ravages of old age: diabetes, heart disease, arthritis, dementia, and finally Alzheimer's.

After the loss of his father he took a sabbatical from his medical practice. He flew to Linhai, in China. It was here ...

Dr. Smith discovered some of the healthiest *old people* he'd ever met.

Some were nearly a hundred and still out working the fields with family. When asked how they managed to reach those ages they immediately directed Doc Marty to the local Shaman.

Dr. Smith spent the next four years of his life studying the plants and herbs the Chinese medicine men were giving their people. He developed his formula through those years, adding the most potent and nutrient rich whole foods to his supplement.

When Doc Marty returned to the USA he brought home a formula that would:

- Reduce fatigue and boost the immune system.
- Rejuvenate the body and increase longevity.
- Enhance mental acuity.
- Strengthen and heal the heart and circulatory system.
- Fight cancer and boost the immune system.
- Aid digestion and reduce stomach upset.
- Boost the sex drive and heal skin conditions.
- Eliminate inflammation.
- Clear and heal the lungs.
- Fight dementia and Alzheimer's.

Not only did Dr. Smith give me back my vigor and healthy heart with these whole foods he also discovered something else on his sabbatical ...

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A super-food packed with nearly double the nutrients of any other whole-food and so abundant in nature it's actually harvested from the wild.

Hydrilla vericallata . Actually, you may have heard of it by its more common name: green algae. Growing wild throughout much of the world's fresh water lakes, Hydrilla is what scientists call a super-green food for the high doses of Magnesium it carries.

The magnesium in Hydrilla gives Men's Elixir© an extra boost by ...

- Helping you maintain and improve muscle and nerve function.
- Keeping your heart rhythm steady.
- Supporting a healthy immune system.
- Regulating blood sugar levels
- Promoting normal blood pressure.

Recent studies have even begun to link Magnesium to the role of **preventing and managing disorders like hypertension, cardiovascular disease, and diabetes.**

And for those animal lovers out there, like me, Hydrilla is one of nature's greatest sources of B12 and calcium, both nutrients you'd normally find in dairy or meat. So, now you can . . .

Build a stronger, healthier, more energized body with a *vegetarian* formula.

So, by now you're probably wondering how you can get in on Doc Marty's discovery. Well, it's pretty simple but I just want you to dream a little bit first ...

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Elixir© is a multivitamin packed with natural whole food nutrition that could actually repair a lifetime of damaging habits and give you the vigor and vitality of a man 20 years younger ... or ... heck 30 or 40 years younger.

- **Slim your figure** with the metabolism boosting quality of good nutrition. People will never guess your real age.
- Newly **toned muscle and vibrant healthy skin** will glow against the fabric of your Speedos.
- Dazzle your wife with **your youthful display in the bedroom** ... or ... where ever the mood may strike.
- **Work eight hours and still come home to play catch with your son** with all the energy you'll now have.
- **Amaze the boss with your creative and in-depth work** as the mind boosting ginseng gives you an edge on all the competition. Maybe you'll even get a raise ... or better yet ... a *promotion*.
- Even your hair and nails will glow with the vibrancy of health
- **Keep your eyesight** long after friends have had to resort to bifocals with the protective processes of whole foods.
- Maintaining peak performance is as simple as popping a pill at every meal during the day.

If the thought of running at the peak performance of a 25-year-old for less then it costs for a bottle of water doesn't get your attention well ...

What if you never have to spend a dime on over-priced drugs or frequent visits to a multitude of medical *specialists*?

After reading and watching all of the latest information on nutrition and health you know that a healthy body starts with the food you eat. Unfortunately, **you'd have to eat XX pounds of fresh produce a day** to provide your body with all the nutrients it needs to keep itself young and vital.

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Men's Elixir© provides every single one of the micronutrients essential to a vigorous body, directly from the whole food source. In this way all the nutrients work in harmony with each other as nature intended.

"... Research has emphasized that phytonutrients don't function as "soloists" in plants - or people. Rather, they function as members of a nutrient "orchestra", each depending on the presence of many fellow nutrients for optimal performance." Michael Stanton MD, Nutritionist

With a healthy, strong body, you won't need to go to the doctor. With a healthy, strong body you'll never need the dangerous cocktail of drugs that *old people* take just to keep their organs from failing ... not to mention all the drugs to counter-act the side affects of other drugs.

And remember living longer allows you to squeeze every last dime out of your life insurance, insuring your family an excellent payoff when you finally do kick the bucket, maybe well into your 100's.

Are you ...

Still wondering if the benefits of a whole food supplement are worth the cost?

Remember that synthetic vitamins lack essential phyto-nutrients and enzymes that you'd find in whole food. Ever wonder why the dosage is so high? Your body isn't using them efficiently so you have to take more, **costing you money over time**.

With the added risk of chemical contamination during processing and in the binders and preservatives it's possible to damage your health. Then it's to the doctor you go ... to buy drugs ... to cure the ills caused by supplements.

Invest in a whole food supplement produced naturally and protect your health and your pocket book from the grubby hands of drug manufacturers.

Because Dr. Smith recommends that you remain on Elixir for no less than ninety days to really experience its life changing effects (hey it took a lifetime to get where you are in the first place) he has decided to ...

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... offer the dedicated health nut a 90 day supply for \$105.95. That's a savings of \$14.63 each month or \$43.89 total for you, almost an entire bottle free.

And, **ultimately \$1.18 a day**. Drink your tap water and save on the bottled water to experience the vitality of youth.

If you want to give it a try for less, a thirty-day supply of Elixir is \$49.95. That's less than my cable bill. Are your health and your future worth 50 bucks a month to you?

If you decide later that you want to stay on Elixir, Doc Marty promised me he'd honor the **90 day price for the next 6 months**.

Order in the next 14 days to receive a subscription to Doc Marty's world-renowned alternative health newsletter.

Because, Dr. Smith believes we can improve the health crisis through simple education he has decided to offer you a free subscription to his bi-monthly newsletter, *Whole Health with Whole Food*, mailed direct to your home.

Twice a month Dr. Smith will discuss ...

- recent studies into natural health cures.
- The best recipes to maximize nutrient retention in whole foods.
- The newest and best exercise equipment and techniques.
- The best and cleanest places in the world to relax and rejuvenate.
- insights into some of the world's worst carcinogens and where they lurk . . . In your home and outside.
- Drugs your doc says could save your life, but will, in fact, shorten it.
- the best nutrient dense foods to grow and how to grow them without resorting to chemicals.
- And much, much more ...

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Doctors, nutritionists and natural health providers pay \$19.95 a month for the privilege of receiving this first-hand information from Dr. Smith. It's yours free with any size order, but only for the next 14 days.

So, there must be a catch in here somewhere Tom?

Actually, there is one small one. Doc Marty fully believes that disappointment, frustration and anger cause high stress levels which, as we all know, has a bad effect on the heart.

So, if, for any reason, you aren't feeling the strengthening affects of the whole foods, the healing quality of the natural herbs or the mind sharpening of the Chinese medicines then you'll have to **pack up that empty bottle and mail it back to us for a full refund**, no matter which amount you ordered.

As thanks you'll continue to receive *Whole Health with Whole Foods* for another full year after cancellation.

There's just one more little thing about Men's Elixir© I forgot to mention above.

You already know that prostate issues are common among men as they age.

With Doc Marty's formula you get the added power of prostate protection through pumpkin seeds. Recent studies have shown time and again that pumpkin seeds effectively combat prostate and urinary tract problems.

"Not only were pumpkin seeds effective in reducing symptoms associated with enlarged prostate, especially in its early stages, but also no side effects of note were reported by the patients involved in the trial."

- Armando González Stuart, Ph.D.

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Today I work with Doc Marty. I got my own degree in nutrition at 54 and am ready to go back to school again. I'm actually thinking about medical school. Had it not been for Dr. Smith I doubt I'd even have the energy to drag myself out of bed every morning for my three mile run.

Get started right away and I'll be seeing you on the track soon.

To your renewed health,

Tom Rutherford,
Certified Nutritionist
Martin Smith Clinic and Health Awareness Center

PS. Dr. Smith is seeking in-depth reports on you're progress. He needs this feedback for his next published paper.

When you order your full 90 day supply he'd like to offer you full access to his membership site *Vibrant Health with Natural Foods*. The back office of this site is maintained with daily updates from the health and nutrition world by Dr. Smith and his staff of 20 dedicated researchers and nutritionists.

Be a part of :

- The ongoing research through simple weekly health reports and your own daily journal
- A community of citizens seeking better health and longer lives naturally.
- Knowing, before the rest of the world the sorts of foods you should eat or avoid every day. There are even recipes and meal plans available. (shopping lists available soon)
- Discovering the best places to find the healthiest whole fruits.
- staying up to date on all the newest findings in his lab through online journals maintained by Dr. Smith's staff and from labs around the world.

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There are new discoveries every day. Each one brings you a step closer to understanding what it is that keeps you healthy. Now **you will know and can implement this knowledge into your life every single day.**

A subscription to this website normally sells for \$9.95 a month. It's yours when you order the 90 day supply and for as long as you continue to use Elixir©.

“Findings suggest that nutrients are not simply floating around in the body. They are being transported by Protein Chaperones, through coordinate chemistry, to the exact location for utilization within the cell.”

Thomas V. O'Halloran
Researcher of Protein Chaperones

Lift note :

Steven McDonough
Champion Body Builder 1996-1999

Hello,

Dr. Smith asked me to write this brief note on my experiences over the last several years. You see, he enlisted me into his study, shortly after he first developed his formula, which he later named Elixir. He found me in the chemo ward at the local hospital and asked if I would like to try his new whole food supplement formula ... that he believed it may aid in my recovery.

Obviously I had nothing left to lose since being diagnosed with prostate cancer the previous year. I had gone from a toned and power packed bodybuilder to nothing but a rack of bones in that short amount of time.

The results of being on Dr. Smith's formula have been nothing short of amazing. My cancer went into remission within the month and I got to leave the hospital. Over the next year I kicked my addiction to steroids and changed my diet, always being sure to take my supplement with each meal. While I'm not a bulging muscle man anymore I have put back a lot of muscle definition and my skin is toned and firm ... without the steroids. I feel wonderful and full of energy. Not angry and violent like I was when I was on the drugs.

Elixir has given me a whole new life, a life I never thought I would live beyond my body building years. I am married to a wonderful, supportive woman and we're expecting our first child, something the doctors swore could never happen since I was almost certainly sterile by now. I even have the energy to go to college full time, while I write my memoirs, in which Dr. Smith will play a dominant roll.

Thank you Dr. Smith,

Steven

PS. When I asked if Elixir beat my cancer, Dr. Smith shrugged and smiled. He said, "Long ago, when these whole foods were used to treat people's problems, as opposed to the chemical drugs of today, cancer wasn't even in their vocabulary."

Envelope teaser

“20 years ago America ranked 11th in life expectancy. Today we are 42nd.

“Beat the statistics, reverse the aging process and repair your body’s systems damaged by a lifetime on the typical western diet. But only if you act quickly before the damage is beyond repair!” Dr. Martin Smith, MD {signature}

Front of buckslip:

So what's in Dr. Smith supplement that's so great?

Men's Elixir contains high concentrations of Chinese herbs in their whole food forms for the most effective and efficient nutrient intake.

Siberian Ginseng Root: Increases stamina and boosts immune system and immune system responses. Relieve fatigue.

Fo-Ti Root: Rejuvenates the body and increases longevity. May also protect against high blood pressure, hardening of the arteries and other age related diseases.

Gotu Kola Leaf: Used in ancient China for a wide variety of ailments including enhanced mental activity.

Hawthorn Berry: Promotes heart health by enhancing enzyme activity and metabolism in the heart.

Panax Ginseng Root: contains ginsenosides which have an anti-inflammatory and antioxidant affects. May also improve immune function and conditions related to diabetes.

Ginger Root: combats appetite loss, indigestion and motion sickness. Promotes production of digestive juices and bile. Proved more effective than chemical drugs in combating post-operative nausea.

Sarsaparilla Root: Commonly used to treat varied skin conditions. Also used as a male sexual rejuvenator.

Nettle Leaf: anti-inflammatory, treats arthritis. Reduces symptoms of benign prostate enlargement. Rich source of iron, calcium and folic acid.

Licorice Root: used to treat constipation, bronchitis, inflammation, and arthritis. An excellent source of magnesium, silicon and thiamine.

Ginkgo Leaf: improves memory and combats early stage Alzheimer's and dementia. Treats sexual dysfunction, multiple sclerosis, and tinnitus.

Pumpkin seeds: Prostate and urinary tract health.

Hydrilla verticillata: A super green whole food, packed with all of the essential vitamins and minerals.

Back side of buckslip

What do others have to say about Men's Elixir©?

“As head coach of Athletes of America, I work with promising young athletes. No matter how carefully an athlete has prepared- there's no way he can do his best without the right fuel. All my athletes have added your formula to their diets and the results have been amazing. Even after intense training they can still go the extra mile.”

- *J. Cunningham*

“I'm a nutritionist, and I can honestly say, I haven't seen a better or more natural product that can restore a man's energy and vitality as well as Elixir. Supplements sold in grocery stores are several years old before they are purchased. I couldn't offer my male patients many good, safe and natural supplements, until now.”

- *R. Bellows*

“I really looked forward to retirement, but all of a sudden at 65 I started to feel my age. My sexual prowess went the way of the Dodo and that made me feel even older. After taking Elixir for several months, all I can say is talk to my wife. And I can golf 18 holes again while my buddies struggle through the front 9.”

- *K. Rogers*

“I have a demanding career life. I'm not complaining. I love it! The problem is, my schedule is so hectic, I rarely have the time to eat a healthy and nutritious meal. By taking Elixir I manage to replenish what my regular diet doesn't give me.”

- *H. Walters*

“Being a single Dad, I need to keep up with my 2 and 4 year old sons. It's not easy! I've found that Elixir helps me maintain the balance I need in the time I divide between work and home.”

- *T. Young*

{order device, large postcard and reply envelope, 2/c}

Change your future! Try Men's Elixir© today!

___ Yes, I'm ready to repair my body, fortify my physique and increase my brain power. Please send me the full **90 day supply of Elixir at \$105.95**, saving me a total of \$43.89.

___ Yes, I am ordering the 90 day supply and I want to be a part of changing the future of health and aging. Sign me up for Dr. Smith's membership site *Vibrant Health with Natural Food*.

___ I'm not sure that your supplement will do for me what my diet isn't, yet, but I want to try. **Just send me one bottle for \$49.95.**

--or--

___ a **2 month supply at \$79.95.**

___ I am replying within 14 days, please rush me my first installment of *Whole Health with Whole Food* along with my Elixir so that I can begin changing my life for the better and prepare myself for an incredible retirement.

___ **I'm adding \$5 for S&H, \$9.95 in Canada.**

___ Enclosed is my check or money order for the amount I'm ordering. I understand that if Men's Elixir© isn't for me I may return the unused portion for a full refund and I will continue to receive *Whole Health with Whole Foods* for another full year completely free.

___ Please place my order on my credit card.

___ Visa ___ MasterCard ___ Discover ___ American Express

Card # : _____

Expiration: ___/___/___

Signature: _____

Name: _____

Address: _____

City, State, Zip code: _____

Phone number (in the off chance of shipping issues): _____

Mail to: Order Fulfillment
Martin Smith Clinic and Health Awareness Center
101 1st street
Mailburg, Minnesota 45201

--- Order online at <http://www.elixirformen.com> and receive free shipping and handling.

(Use pin number – 45201 to receive your free gifts) ---

By phone : 1800-000-0000 or by fax : 1800-000-0000