



Kevin Trudeau's

January 2005

NATURAL CURES NEWSLETTER

The only health newsletter that takes NO advertising and promotes NO products!

DISEASE UPDATES

CHOLESTEROL

People write me all the time and say, "How do I cure my disease of high cholesterol?" Folks, this is one of the greatest scams perpetrated on the public. You have been misled and lied to. High cholesterol is not, I repeat, not a disease. High cholesterol is simply a condition that you have. It is not a disease. Years ago, the pharmaceutical industry decided that they could make huge amounts of profit if they convinced people that they had to lower their cholesterol. This was a great business model for the drug companies. If they convinced you that you needed to lower your cholesterol, they could then convince you that you needed to take their cholesterol lowering drugs every day for the rest of your life. This means billions of dollars in profits to the drug companies. The fact is Lipitor and all the other cholesterol drugs are the most profitable drugs on the planet. The drug companies make more by selling cholesterol-lowering drugs than anything else. It is their biggest profit moneymaker. The fact is that by taking cholesterol drugs you are being lied to about its benefits.

Most people believe that if they take cholesterol-lowering drugs and lower their cholesterol they are reducing their risk of heart attack and stroke. The exact opposite is true. The cholesterol-lower drugs do not reduce the risk of heart attack and stroke. The cholesterol-lowering drugs cause disease in the body. They cause liver damage and make you get dozens of various types of sicknesses and diseases. These cholesterol-lowering drugs do not in any way reduce your risk of heart attack and stroke. They do in fact give you more sickness and disease.

Go back and read that again. Think of how idiotic this scene is. You walk into a doctor's office and say, "Doctor, I'm concerned about clogged arteries." Your doctor then says, "Well, let's check your cholesterol. Whoops! Looks like you have high cholesterol. If you are concerned about clogged arteries, take these cholesterol-lowering drugs to lower your cholesterol. This will lower your risk of getting clogged arteries and having heart disease." You believe your doctor, walk out of the office and take these drugs for the rest of your life not knowing that these drugs do not reduce your risk of heart attack and stroke, or clogged arteries, and these drugs do in fact do give you a whole host of other illnesses and diseases. Consider this, if you walked into the doctor's office and asked, "I'm concerned about clogged arteries, arterial sclerosis, and heart disease." Why is your doctor checking your cholesterol? Why isn't your doctor simply saying, "Okay, if you are concerned about your arteries being clogged, let's do a simple test and find out if your arteries are blocked now."

Why is he checking cholesterol? Why isn't he checking to see if the arteries are clogged or not? The test is simple, inexpensive and painless. The answer is the doctors are brainwashed as well. All they want to do is to sell you drugs. When I go into my doctor's office I don't ask about my cholesterol, I ask him "Are my arteries open?" That is the most important thing we are looking for, correct? Why are we even looking at cholesterol? Chapter 6 of my book, tells you what I believe you can do so that your cholesterol will be normal. The

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DISEASE UPDATES (*cont'd.*)

fact is some people's natural cholesterol levels will be lower and some people's will be higher. It doesn't matter how much cholesterol you have in your body. That is not a determining factor in whether your arteries are clogged or not. Cholesterol is not the problem. Cholesterol will only attach itself to the artery wall if the artery is damaged. As I mentioned in the previous newsletter, the three major causes of damage to the arteries are (1) homogenized dairy products, (2) hydrogenated oils, and (3) chlorine in the water you drink and bathe in. These are the main culprits. Don't be scammed and misled into believing that high cholesterol is a medical condition. It is not. It is not a disease. Your real concern is your circulation. Your real concern is whether your arteries are clogged or not, not how much cholesterol you have. You absolutely need cholesterol in your diet and you need cholesterol in your body for your body to operate normally and function properly.

Cholesterol-lowering drugs are a scam. They are a moneymaking machine for the pharmaceutical companies. As I mention in my book, never stop taking drugs without the supervision of a doctor. The drugs are dangerous when you take them, but they can also be very dangerous when you stop abruptly. Do so under the guidance of a licensed healthcare practitioner. I will say this again, and again, and again. If you are going to a medical doctor who simply prescribes drugs and surgery, stop going to that medical doctor. Go find a licensed healthcare practitioner who doesn't use drugs and surgery.

Let me give you a good example. I had a friend who needed her wisdom teeth taken out. This is a good example of when surgery can be a wonderful thing for our health. The surgeon expertly removed her wisdom teeth. When she came out of the surgery the doctor said that she would be in excruciating pain in about three hours after the anesthesia wears off and immediately wanted to prescribe Vicodin. I told the doctor, "She doesn't take drugs." He said, "Well, she is going to be in excruciating pain." I said, "Well, is there anything she can take for the pain other than drugs?" He said, "Well, she can take Tylenol or Advil." I pointed out that these were drugs as well. The doctor thought for a minute and realized that they in fact were. He said, "Well, I don't know of anything natural to get rid of the pain." I said, "How about the homeopathic arnica and maybe icing it? And perhaps, using a healing light and some magnets?" He laughed and said, "Well, they won't hurt, but they won't do anything." I said, "Great." He also informed me that the bleeding would continue for at least an entire day and that the pain would be excruciating for at least three to four days. I said, "Fine." I asked him for a less powerful prescription in case the pain became too overwhelming. After all, she did have major surgery and there was a good chance that she would be experiencing some severe pain. He then wrote a prescription for Tylenol with Codeine. This he said would help numb the pain and make her sleep. I took the prescription in case of an emergency.

She went home and put arnica cream on both cheeks, iced both sides, and used magnets and a healing laser. To everyone's amazement the bleeding stopped in just an hour. This was absolutely unheard of. Obviously, the natural treatments we were using were making her heal much faster. In addition, she experienced no pain whatsoever. She slept throughout the entire night without any discomfort. She never had to take any drugs and she never experienced any pain. The healing was amazingly fast. This is the power of natural cures. Keep in mind that my friend adheres to most of the items in Chapter 6 of my book. Her body was clean from toxins and full of super nutrition, so her body was capable of healing much faster than a person who had a suppressed immune system, was lacking nutrients and loaded with toxins. This is the power of natural cures.

The most important point to consider here is this: don't be brainwashed by the drug companies. The pharmaceutical industry is spending virtually billions of dollars trying to brainwash you into believing that drugs are safe and effective and will make your life better and that you need them for health. They are spending billions of dollars trying to make you believe that natural remedies are not safe and are ineffective, and actually dangerous. This is the greatest brainwashing ever perpetrated in the world. Do not be brainwashed. The exact opposite is true. The fact is all nonprescription and prescription drugs are ineffective, they are incredibly dangerous, they cause disease, and you categorically do not need them for health. They destroy your health.

Situations like being misled and lied to about the dangers of high cholesterol and being brainwashed into believing that you need to take cholesterol-reducing drugs is causing people to be sicker and sicker. Remember, all drugs, both nonprescription and prescription drugs, lead to and cause disease. If you are sick and are currently taking nonprescription and prescription drugs, I can guarantee you that the number one reason you are sick is because of the nonprescription and prescription drugs you are currently taking, plus the residual effects of all nonprescription and prescription drugs (including vaccines) that you have taken over the years. The way to cure virtually every disease is not drugs and surgeries. In Chapter 6 of my book I tell you what I believe are the ways to cure virtually every disease.

WEIGHT LOSS TIP

If you want to lose weight, it is absolutely imperative that you eat a substantial breakfast. The facts are clear. The vast majority of people who are thin eat breakfast, the vast majority of people who are overweight eat no breakfast or a very light breakfast. People who are overweight generally have a slow metabolism. In order to get your metabolism moving, one of the most important things you can do is eat a substantial breakfast.

There are two elements here: (1) you must eat a substantial breakfast, and (2) you must eat the right kinds of food that make your metabolism go up and get your body burning fat instead of eating food that causes your body to retain fat and gain weight. Is there a best breakfast? Well, let's start with this basic premise: everything you eat for breakfast must be organic and unprocessed. It cannot, generally speaking, be out of a box or from a company that is publicly traded. If you are eating food that you have purchased from a publicly traded corporation, I can assure you that there are ingredients in the food that are not listed on the label. I can assure you that these companies are secretly putting ingredients in the food to increase your appetite, get you physically addicted to the food, and make you fat.

So, with that in mind, here are some good types of food that you can eat for breakfast:

1. **Meats.** Eat organic beef, lamb, chicken. Make sure these are real cuts of meat and not deli-type meats or any type of processed meats.
2. **Fish.** Wild salmon, sardines, tuna, etc.
3. **Fruits.** Grapefruits, apples, pears, strawberries, blueberries, plums, peaches, and apricots. Make sure the fruits are fresh and not dried. As always, make sure they are organic.

Stay away from bananas as they have a tendency to make you gain weight. If you must have milk with your breakfast, make sure it is organic and ideally, raw milk that has not been pasteurized or homogenized.

Here are some common breakfasts that I eat:

1. Scrambled eggs with a side of smoked salmon, or lamb chops, or sardines, or a small steak.

I make my scrambled eggs various ways. I always use fresh organic, non-pasteurized, fertile eggs. The simplest way is to gently beat the eggs, add organic sea salt and organic pepper, a little pure water and a small amount of pure organic raw cream. I heat a nonstick skillet and use a little either extra virgin olive or raw organic butter. Sometimes I add some chopped up organic green and red peppers, organic onions, organic parsley and organic mushrooms. When people come to my house and eat my scrambled eggs they cannot believe how delicious they are. The lamb chops I simply broil with a little organic salt and pepper. This is a filling, delicious high-protein breakfast, which gives me plenty of energy for the day and starts my metabolism. Sometimes I add a slice of organic rye bread. If you read the ingredients, you will notice that the bread should have only three ingredients: organic rye flour, water, and yeast. I stay away from wheat bread and sometimes eat other types of sprouted breads or wholegrain breads other than wheat. Just read the ingredients on the label. Make sure they are organic and there should be only a few ingredients. Do not buy bread if it has honey, molasses, sugar, or ingredients you cannot pronounce. On my bread, I use a little raw butter, and sometimes I eat an apple with this meal as well. If I am in a rush, I will take some organic apples and pears and make fresh juice. I put the juice in a blender and add some fresh blueberries, a few ice cubes, some spirulina powder and blue-green algae powder, and a little organic flax seed oil. Sometimes I add a little organic non-genetically altered soy powder for some added protein. I drink this and also eat an apple or pear to get the added fiber. Depending on how I feel, I also may add a piece of toast. Sometimes for breakfast, I like potatoes. I take an organic potato, slice it up and in a nonstick skillet, with a little extra virgin olive oil, I gently sauté them with a little organic salt and pepper, organic paprika and some fresh, chopped organic parsley. They are delicious.

When people come to my home, I cook for them and show them how delicious meals can be made in less than thirty minutes. They are easy and fun, and taste absolutely delicious. People cannot believe how incredibly delicious the food is. It is better than any restaurant. Most importantly, after they eat they do not feel bloated, tired, or lethargic. The food gives them energy, which is what food is supposed to do. You will notice, when people eat, most people will get tired, gassy, bloated, constipated, and lethargic after a meal. Food is supposed to give you energy. Food is supposed to be fuel. If after a meal you aren't filled with energy, then there is something wrong with that food, or you are so toxic and full of Candida that the food cannot be used as fuel. Therefore, you must do your Candida cleanse and colon cleanse. Taking some digestive enzymes with your meal will prevent you from having any acid reflux or heartburn, prevents gas, and allows the food to digest better.

I love doing experiments; and take people who are overweight and just do one simple thing with them for just a week to see the results. My most recent experiment was to take overweight people who didn't eat breakfast. I told them to change nothing else. Don't exercise; don't change what you eat; and don't do anything. All I wanted them to do was add a big breakfast. They were skeptical because they felt by adding additional food, calories and fat, they would gain weight. The exact opposite happened. By eating a breakfast their energy levels were higher throughout the day, they felt better, they weren't ravenous throughout the day, they had less headaches, they slept better, they weren't hungry at night, and most importantly, after one week everyone lost weight.

The body needs fuel on a regular basis. Eat a big substantial breakfast, and eat the right kind of breakfast and you will see your weight normalize and you will lose weight.

Good Products

Gogi Juice; Mangosteen Juice; and Noni Juice

People come up to me all the time and ask what is one simple thing that they can do without changing their lifestyle that can make them feel better, reverse disease, and prevent disease. Well, there are a lot of things you could do that would provide those benefits. If we go back to our basic premise, which is you are sick because you have toxins in your body and you have nutritional deficiencies. Then let's ask ourselves what we can do that can help get rid of toxins in our body and supply us with massive amounts of nutrition. If those two things happen there is an excellent chance that you will feel better, have more energy, as well as having many medical symptoms vanish.

There are three fruits that do exactly that. The mangosteen fruit, the wolfberry (known as goji), and the noni fruit. These fruits come from around the world, not America. We can't get them fresh. There are companies that sell bottled mangosteen juice, goji juice, and noni juice. In most cases, unfortunately, these juices have been pasteurized, which means they have been heated and many of the enzymes have been destroyed. However, the benefits of drinking these juices outweigh the fact that they have been pasteurized. Drinking these juices seems to help detoxify the body of toxins, as well as supply super nutrition directly into the cells.

There are many other things that seem to be occurring when a person drinks these three juices. I have seen firsthand diseases and illnesses simply vanish within a few months after drinking these juices. These diseases include acid reflux, GERD, hiatal hernias, arthritis, fibromyalgia, chronic fatigue syndrome, depression, anxiety, asthma, irritable bowel disease, urinary tract infections, diverticulitis, sleep disorders, allergies, eczema, joint pain, lupus, migraine headaches, diabetes, cancers, hypertension, high blood pressure, high cholesterol, fungal infections, bacterial infections, viral infections, PMS problems, and more. It appears that these juices can equal, or even outperform, prescription and over-the-counter drugs, including Nexium, Prevacid, Zantax, Pepcid, Allegra, Claritin, Singulair, Pregabalin, Valium, Zanax, Prozac, Zoloft, Paxil, Lexapro, Vicodin, Celebrex, Dextra, Naprosyn, ibuprofen, Lipitor, Zocor, Pravachol, Ultram, Talwin, and many, many more. These juices have been reported to reduce the risk of heart disease, help the fight against cancer, reduce the risk of diabetes, increase energy, produce beautiful skin, lower and maintain cholesterol levels, reduce arthritis inflammation and pain, as well as relieving pain, muscle tenderness, fatigue, and sleep disturbances of fibromyalgia. There are many other reported health benefits as well. The great thing about these juices as they are not "vitamins and minerals," they are simply fruit juices, which means you are getting the vitamins, minerals and cofactors in their complete natural state and in the exact proportion nature intended. This is a good example of a whole food supplement as I describe in my book. I would highly encourage anyone and everyone to drink these juices on a regular basis. I believe you will see spectacular health benefits.

When people come up to me, tell me about their health problems, and ask me for answers, I always say the same thing how many of the things in Chapter 6 are you doing? Do those things for three to six months, then see if you still have your health problems. If you are not willing to do the things I mention in Chapter 6, which I believe are in effect ways of cleaning out the toxins, adding super nutrition, balancing out the electromagnetic energy fields in the body, which in turn turn your body alkaline, then how do you intend on curing your disease? Remember, diseases just don't happen, you give them to yourself. These are three juices that I highly encourage and recommend. There are many manufacturers of these juices. Is one manufacturer better than the other, I don't know. It is my intention to visit the manufacturing plants and make personal recommendations in the future. In the meantime, try different brands and see which ones you like the best. Please write me with your results so I can share them with others.

Question of The Month

Q: How do I do the cleanses that you recommend?

A: Every single person reading this is loaded with toxins. There is no way that you are not full of toxins throughout your entire body. If you have any illness or disease, one of the major reasons is that your body is toxic and cannot handle bacteria or viruses, thus causing you to become ill. The toxins also create an environment where you cannot fully absorb nutrients, which means your body is incapable of fighting off bacteria and viruses and you become ill. Toxins also block the energy flow throughout the body causing you to develop disease. Toxins themselves are poisons and, in fact, allow you to develop a whole host of diseases and illnesses in the genetically weak areas of your body.

As I explained in my book, you absolutely must clean out your body if you want to cure your diseases and prevent illness and disease from occurring. There is no way around it. You must realize that in order for you to be able to help cure your disease you must find out what the cause of your disease is and solve that problem. If you are sick right now with any kind of disease, one of the major causes of your illness is the fact that you are toxic. These toxins come from the nonprescription and prescription drugs you have been taking your entire life, including vaccines, the chemicals put in our food supply, the poisons in the water and the air, and the poisons you have put on your skin in the form of antiperspirants, lotions, etc., plus the toxins your body creates on its own primarily due to Candida and undigested food in your colon. There are many other causes of body toxicity. The fact is, if you are sick, one of the causes is you are sick because you are toxic.

When people come up to me with questions about their health issues, people get frustrated when I say, “Do the cleanses and come back in two months and tell me if your symptoms or disease still exist.” People say to me, “I don't want to do the cleanses, I want the cure for my disease.” I tell them again, “Do the cleanses and you probably will cure your disease because the toxins are causing your disease.” People don't understand this. An example would be if a fellow came into my office and he said, “I have pain in my toe. What is the cure?” As I watched this fellow he proceeded to take a hammer and hit his toe with it. He looked at me and said, “I have pain my toe. What's the cure?” He then hit his toe again with the hammer and said, “Come on, Kevin, I have pain in my toe, what's the cure?” Again, he whacked himself with the hammer. I looked at him and said, “Stop hitting your toe with the hammer and your pain will be cured.” Imagine if he said, “I want to continue to hit my toe with the hammer, but I want you to tell me what the cure is for the pain in my toe.” Do you understand this? Are you getting what I am saying?

Most people are loading their body up with toxins every single day, and yet some people come to me and say, “What's the cure for this disease or that disease?” You can't cure any of the diseases you have if you continue to do the same things you have always been doing. You must do the cleanses. The main cleanses are:

1. a colon cleanse;
2. A liver cleanse;
3. a gallbladder cleanse;
4. a Candida cleanse; and
5. a whole-body cleanse.

You can do these cleanses in any order. The way to do these cleanses is as follows:

There are many products on the market sold by many companies that help you do these cleanses. All will provide you benefits. Which one is the best? I really don't know, but I do know that doing any type of cleanse will give you tremendous value and tremendous benefit. You can go to your health food store or go to the internet and type in “colon cleanse” and you can see a whole host of various products. These include herbs, seeds, husks, etc.

Getting colonics done by a certified colon therapist is also a very effective way to clean the colon. I would always start with a colon cleanse first. Certain juices can be consumed which help clean the colon. Since most toxins come out through the colon, it is important to clean the colon first.

Question of The Month (*cont'd.*)

I would then do a liver and gallbladder cleanse. You can go to the health food store or the internet and punch in "liver cleanse" and "gallbladder cleanse," and there are various companies that sell various products that are very good for doing this. These cleanses are not very difficult and take only about a week.

The two longest cleanses to do are the Candida cleanse and the full-body cleanse. There are many ways to handle Candida, but almost all Candida cleanses that are done only get rid of the Candida in the colon and not through the entire body. The absolute best, most complete Candida cleanse I know of is described in the book *Lifeforce* by Dr. Jeff McCombs. To get more information on this cleanse you can e-mail Dr. McCombs at dr.jeff@lifeforceplan.com.

The last cleanse is what I call the full-body cleanse. This cleanse is really a cleanse that gets the toxins out of the fatty tissue throughout the entire body. It is done by taking certain supplements and sweating the toxins out in a sauna. It provides some of the most incredible health benefits any person can imagine. It takes from three to eight weeks, depending on how toxic a person is. To get more information on this cleanse go to www.purification.org.

Everyone has different opinions on cleansing. Some people suggest an infrared sauna is an incredibly effective way to cleanse and detox the body. I believe it certainly is. Some people believe that taking a dry brush and vigorously brushing your skin helps exfoliate the skin, open up the pores, increase circulation and increase the detoxification and cleansing process. It does. Other people believe that rebounding or doing exercise such as yoga increases circulation to the vital organs and speeds cleansing and detoxification. They absolutely do. The important thing is not to be overwhelmed by all the various cleanses that you can do. Start slow, but definitely start. The sooner you get started, the sooner you will feel better.

Is there a best way to do cleanses? Are some cleanses better than others? The answers are, all cleanses are good. The key is that you start doing some of them. The fact is, we can't live in a pure environment. If you do cleanses now you certainly will continue to put toxins in your body, and your body will continue to create toxins. I personally have done virtually every cleanse in the world. I am not fanatical and realize I live in a toxic world. I go to restaurants, I travel on planes, and I am surrounded at various times by toxins.

I live in a stressful environment with my battles against the FTC and various government agencies, and my body creates toxins on a regular basis. What I personally do is at least three or four times a year, spend a week and do various cleanses. One very powerful cleanse is, of course, fasting. You choose what is best for you. If my best friend came to me and asked me, "Kevin, friend to friend, what should I do first for a cleanse?" I would suggest getting a series of fifteen colonics over thirty days, go on as much raw food during those thirty days as possible, including lots of fresh organic fruits and vegetables and fresh organic juices, eliminate daily for a month, and go to the health food store and buy various herbal colon cleaning products. This will clean out the colon and really flush the system of almost all the toxins.

Then I would recommend to my friend to go on the internet and find a good gallbladder and liver cleanse and do the procedure recommended. That should only take about a week.

Then I would strongly recommend that my friend do the Lifeforce Plan Candida cleanse. This is not hard at all, but needs to be done for approximately eight weeks.

Then I would suggest to my friend to do the purification full-body cleanse. At that point, my friend would be fully cleansed, more so than he has in his entire life. I believe almost any medical condition that he had would vanish or be in complete remission. At that point, he would be starting with a clean slate.

Three or four months later, I would recommend that he take one week and do some sort of colon cleanse, maybe a seven-day fast, including colonics, and either once a year, twice a year, three times or four times a year, do some type of cleanse that he feels his body needs. The Candida cleanse really only has to be done once, and the purification full-body cleanse only has to be done once. The liver and gallbladder cleanse only has to be done once every three or four years, depending on how clean you are. The colon cleanse should be done at least once a year, and I recommend two or three times a year or more. Since all toxins start in the colon and back up and start infesting the liver, the gallbladder, and the fat cells, if you keep your colon clean everything else remains relatively clean.

The most important point to remember is if you are sick, there is absolutely no way you can permanently cure your disease unless you attack the cause, and one of the most important things to attack is the toxins in your body. The most effective way to cure and prevent disease is by getting the toxins out. This must be done if you intend on living a healthy, long life without pain and illness.

Product to Stay Away From CortiSlim

I don't mean to pick on CortiSlim. I mean to pick on every diet pill on the market. In my opinion, every single diet pill on the market is a scam. I have researched every single diet pill, I have used almost every single diet pill, and I know the people who market almost every single diet pill. I can absolutely tell you that there is not one diet pill on the market that really is effective in helping you lose weight.

I believe the best and only way to lose weight are the things I describe in my book on weight loss. These do not include taking diet pills. CortiSlim, specifically, is a new host of diet pills that try to make us believe that the reason we are overweight is because of the stress hormone cortisol. This simply is not true. There may be a slight increase in weight loss issues because of cortisol, but that is only one element in the weight loss equation. By simply taking this pill you will not easily and effortlessly lose weight. The most important thing to know is these pills mess up your natural hormonal balance. Even if your particular weight problem was due to excess cortisol, you don't have excess cortisol because you have a CortiSlim deficiency, you have excess cortisol because there is some imbalance in your body or you have stress that is causing your body to secrete too much cortisol. You can't address this problem by popping a pill. If it is in fact stress that is causing your body to create excess cortisol, then you must do stress reduction techniques to get to the cause of the stress. When you relax, you eliminate anxiety, and eliminate stress, which means your body will automatically and naturally regulate all its hormonal function, thus allowing you to lose weight. You do not achieve this by taking pills. In my opinion, stay away from CortiSlim and any and all weight loss supplements. If I ever find one that is effective I will let you know.

I AM RIGHT!

I have been saying over and over again, that ALL drugs, both non-prescription and prescription, cause almost all illness and disease. The facts are clear and my book is exposing the truth! Since my book came out, the drug company Merck announced that their drug Vioxx causes heart attacks and strokes and is so poisonous that it must be pulled from the market. It is estimated that 20,000 people were killed by Vioxx! Then Celebrex was exposed to be a deadly poison as well. It is estimated that over 10,000 people have been killed by Celebrex. Most recently, it has been announced that the non-prescription pain reliever Naproxen, which goes by the name Aleve, is killing people as well. This is MAJOR. Naproxen was approved by the FDA over 25 years ago. No one knows how many people have died because they went into a drug store, and bought the non-prescription over the counter pain reliever Naproxen (Aleve)!

Folks, I have said it over and over and over ... all drugs, both prescription and non-prescription over the counter medication cause illness, disease and death! STOP TAKING DRUGS! Just because you can buy it in the store does not mean it is safe!! The FDA does NO follow up studies once they approve a drug! Again ... all drugs cause you to be sick and give you disease!

Visit: naturalcures.com and thewhistleblower.com

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DVD Review

There is a great movie that was made, actually a documentary, entitled *The Corporation*. In my book I talk about "it's all about the money." It talks about the fact that the love of money is the root of all evil. I talk about the fact that corporations are legally defined as individual entities. The legal responsibility of corporations is to make a profit. As a matter of fact, the law states that a corporation must, above everything else, make a profit. That means it cannot take into account its employees' welfare before profit. It cannot take into account the environment before profit. It cannot take into account anything before profit. Profit is the most important overriding thing above everything else.

Most people just have no idea of how corporations operate and how they take advantage of the public. As I mentioned, making money is not bad. Making a profit is not bad. As a matter of fact, making a profit and making money is a good thing. The key is making a profit and making money when you have an even exchange between the consumer and yourself. If you are offering a good quality product or service to a consumer and you make a profit in doing so, that is a good thing. The problem is, when people make profit while they hurt their employees, or when a company makes a profit while it destroys the environment, or when a company makes a profit while deceiving and misleading the customers, or when a company makes a profit while it bends the rules, commits fraud, or breaks the laws, that is when making a profit is bad. The big challenge is most corporations make a profit in these bad ways. When companies make profit by offering good quality services and products to the consumer, while they take care of their employees and staff, while they take care of and are protective of the environment, and while they adhere to all the laws and regulations, that is when making a profit is a good thing. It comes down to honesty, integrity and ethics. This is what is missing in the corporate world. This DVD is available on the internet and I highly would encourage and recommend that you watch it. It is entertaining and incredibly compelling.

Adscam of the Month

CortiSlim

I believe the CortiSlim ads that have been running over the last few years are fraudulent and misleading. You will notice that these ads have changed over the last few years. Initially, the ads were very specific stating that weight loss can be achieved by regulating the hormone cortisol, and the product CortiSlim would regulate this hormone and without any other dietary change, or exercise change you would lose weight. These ads were very specific in their claims. Now you notice that the ads have changed. The claims have been softened and they talk about the CortiSlim lifestyle. Why did this occur? Well I suspect that the company was making so much money that the Federal Trade Commission came in and was going to take action. But because this company apparently used lobbyist groups in Washington, it got political connections to have the FTC soften its stance and allowed the company to make some changes in their advertising without being shutdown or paying substantial penalties. This is how the payoffs work in Washington.

If you have bought the product CortiSlim and were led to believe that if you just took this product and didn't have to change what you ate, didn't have to add any exercise, and you could still lose weight, then you were deceived. If you bought this product under that premise, and have found the product to be ineffective, please write me. There may be a class action suit against this company and you may be entitled to monetary damage. I believe ads like this should be taken off the market and companies like this should be stopped.

If you have seen an ad which you think is misleading, or a product you think should be avoided, please write me at:
Kevin Trudeau, P.O. Box 342, Elk Grove Village, IL 60009 or email kevintrudeau@naturalcures.com