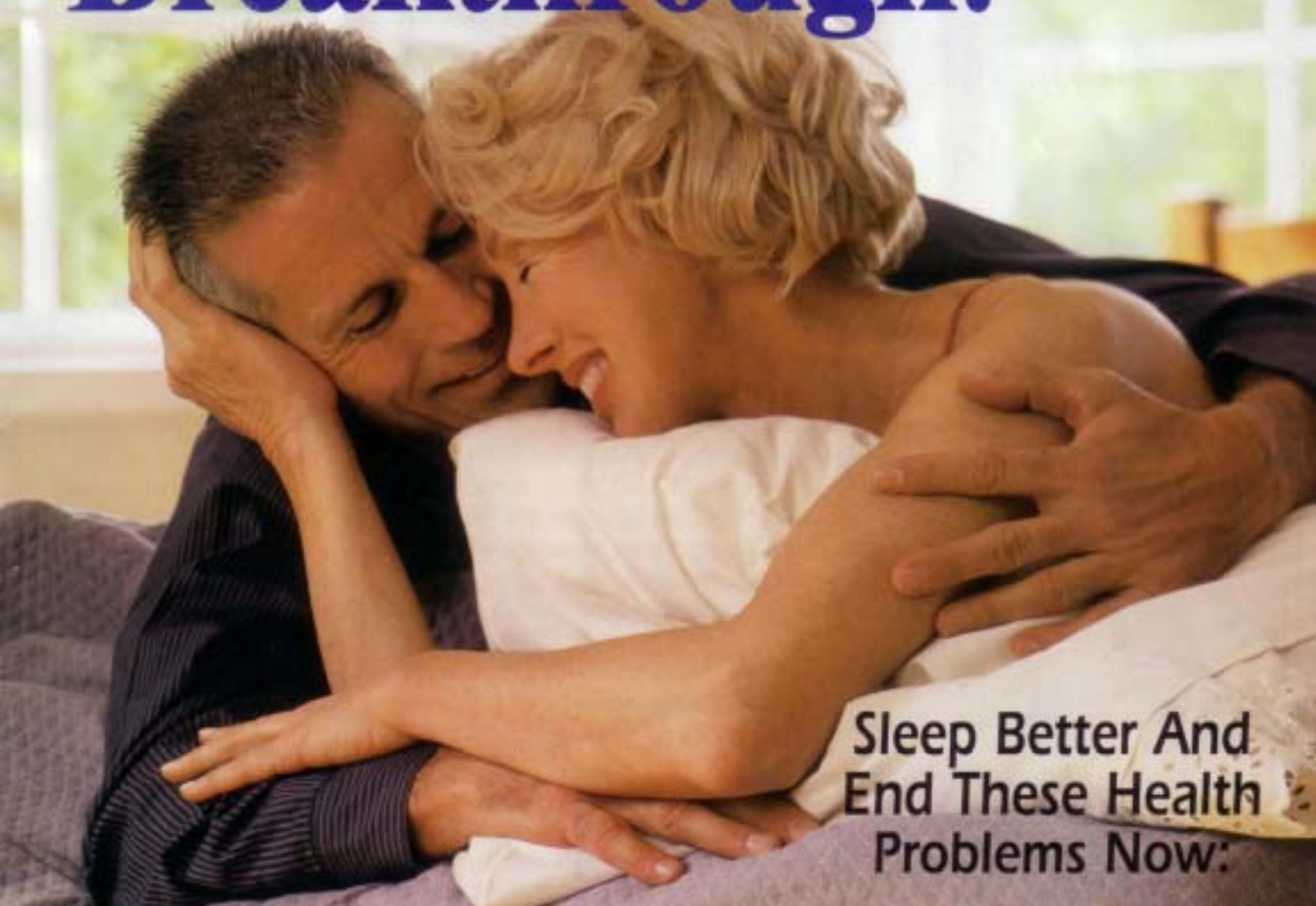


Researchers Discover Natural, Drug-Free Formula That Ends Your Struggle With Sleep And Helps You Feel Better Fast!

Natural Sleep And Healing Breakthrough!



Sleep Better And End These Health Problems Now:

- ✓ *SICKNESS*
- ✓ *JOINT PROBLEMS*
- ✓ *BLOOD SUGAR PROBLEMS*
- ✓ *BLOOD PRESSURE PROBLEMS*
- ✓ *FATIGUE*
- ✓ *EXCESS WEIGHT*
- ✓ *MEMORY AND CONCENTRATION PROBLEMS*
- ✓ *HIP FRACTURES*
- ✓ *ACCIDENTS AND FALLS*
- ✓ *STRESS, ANXIETY AND DEPRESSION*
- ✓ *HEART PROBLEMS*



LACK OF SLEEP DOES MORE THAN MAKE YOU TIRED!

*Every Minute You Toss And Turn,
You're Not Just Losing Sleep...
You're Making Yourself Sick And Could
Even Be Cutting Time Off Of Your Life!*

*Natural Medical Breakthrough Proves You
Don't Have To Suffer Anymore!*

*Feel Better And Throw Away Your Dangerous And Addictive
Sleeping Drugs Once And For All!*

- ◆ Sleep like a baby every night
- ◆ Wake feeling energized and refreshed every day
- ◆ Feel better and end nagging illnesses
- ◆ Slow down the aging process
- ◆ End fatigue and have more stamina to get you through each day

It's a fact! Studies now confirm that if you are one of the millions who toss and turn without a good night's sleep, your body is being affected, much more than simply making you tired. In this landmark report, you will discover how lack of sufficient sleep makes you more susceptible to:

- ✓ sickness, including diabetes and high blood pressure
- ✓ obesity
- ✓ fatigue
- ✓ infections
- ✓ memory problems
- ✓ accidents and falls
- ✓ even premature death

But the good news that most people do not know yet is that you can get fast, safe relief from sleeping problems, PLUS strengthen your immune system. The secret is a certain combination of little-known natural herbs and nutrients proven effective by years of testing and recent scientific studies.

Now, for the first time, all of these powerful natural sleep inducers, many of which also supercharge your immune system, have been combined into one safe and effective formulation.

Learn all about these incredible discoveries in this life-changing report.

FINALLY! SAFE, NATURAL SLEEP BREAKTHROUGH HELPS YOU



SLEEP LIKE A
BABY EVERY
NIGHT,
PLUS END
HEALTH
PROBLEMS
NOW ...
WITHOUT
DRUGS!

BY LAWRENCE DOSS, M.D.

If you, or someone you love, suffers from sleep problems, sickness or fatigue ... if you've ever had to use dangerous and addictive drugs to help you sleep ... I have great news for you.

Cutting-edge research has uncovered the safe, natural secrets to getting a good night's sleep without dangerous and addictive drugs. But before you can appreciate the full benefits of this amazing discovery, you need to know that ...

SLEEP PROBLEMS ARE COMMON

For many millions of people over age 50, a good night's sleep remains an elusive dream.

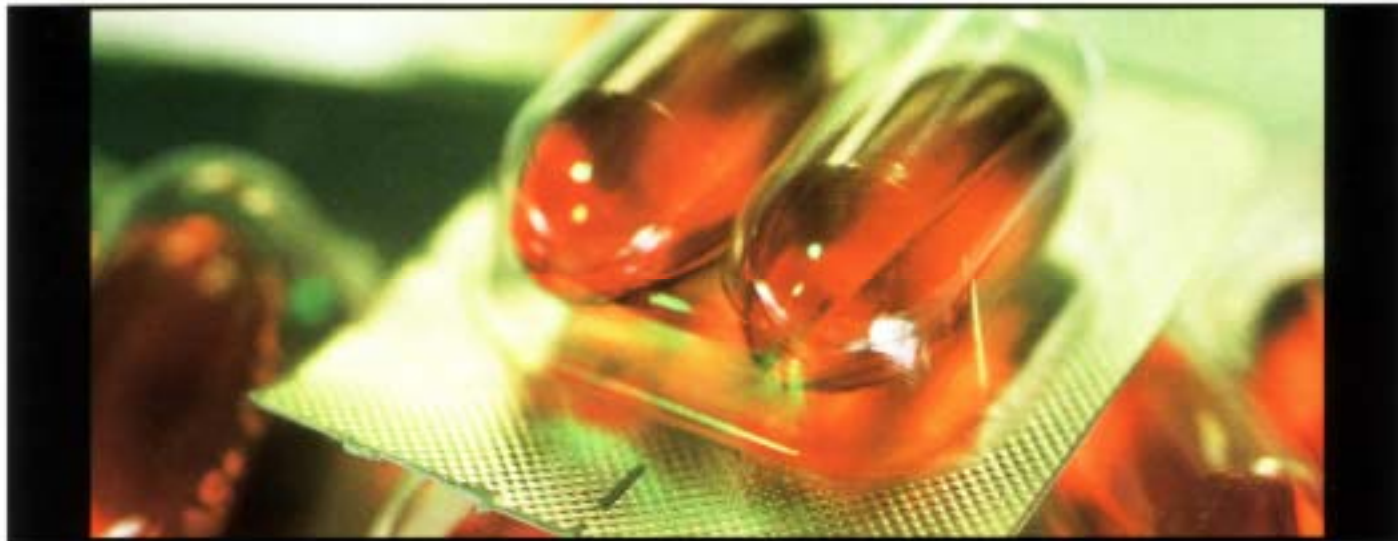
A survey by the National Sleep Foundation found that nearly two out of three people do not get the recommended eight hours of sleep a night. And one third of those get less than six hours of sleep a night.

According to the *Journal of Clinical Psychiatry*, almost half of the 29 million Americans over age 65 have insomnia. Insomnia includes any one or more of the following symptoms:

- ✓ difficulty falling asleep
- ✓ waking up frequently during the night
- ✓ difficulty returning to sleep
- ✓ waking up too early in the morning
- ✓ unrefreshing sleep

ABOUT THE AUTHOR, Dr. Lawrence L. Doss, M.D.

Lawrence L. Doss, M.D., is the director of the Medical Center of Physicians Care in Millersport, Ohio. He also has served as director of radiation oncology at the University of New Mexico and has authored numerous physician-reviewed papers based upon his clinical studies. One of the few doctors who still makes house calls, Dr. Doss conducts wellness programs with an emphasis on preventive medicine in his private clinics.



That's 15 million people suffering all day, every day, because they can't get the deep sleep they need.

Much of this sleeplessness is medication induced. The average person in this age group takes five to nine medications daily for various ailments. Many of these drugs also disrupt the sleep cycle.

SENIORS' MOST OVERLOOKED PROBLEM

It's no secret that older people tend to sleep less than younger people. In fact, as you age, you will sleep less than you used to.

But studies prove that although you may be getting less sleep as you age, this does NOT mean your need for sleep has decreased. In fact, sleep deprivation has become one of the most overlooked health problems for older people and is the cause of:

- ✓ irritability
- ✓ fatigue
- ✓ confusion

- ✓ inability to concentrate
- ✓ anxiety
- ✓ depression
- ✓ generally not feeling well
- ✓ nagging colds, flu or other sicknesses

If you've ever suffered with these problems, chances are you're not simply sick ... you're suffering from sleep deprivation.

YOUR SLEEP REQUIREMENTS DO NOT DECREASE AS YOU AGE

It used to be assumed that sleeping less is part of the normal aging process, but new research indicates that this simply is not true.

One of the primary reasons you sleep less as you get older is that your circadian rhythms, which regulate sleep, can become affected by age-related changes in your brain. These include a loss of

neurons and a decrease in dendritic connections.

So while your body needs the sleep to renew itself and prevent disease, your internal clock that is responsible for telling you to sleep does not get that message to your body.

Let's face it, if you didn't really need the sleep, you wouldn't be feeling so bad. To think you can get by with less sleep as you age is to buy into a myth that will make you more and more sick and fatigued.

SLEEPING PILLS ARE DANGEROUS AND ADDICTIVE

With so much at stake, it's no wonder that sleep medications are big business in America. According to one recent estimate, the direct cost of sleep disorders exceeds \$14 billion a year. And no group uses more sedative and hypnotic medications than senior citizens.

While seniors make up 12% of the population, they consume 40% of all prescription sleep-inducing

SLEEPING PILLS ARE DANGEROUS AND ADDICTIVE

LACK OF QUALITY SLEEP WORSENS THE PROBLEMS OF AGING

drugs and a high percentage of nonprescription drugs. It is estimated that 14% of seniors take sleeping pills every day.

But use of these medications has two primary problems. First, they treat the symptoms of sleep, but do nothing for the underlying causes of sleeplessness. In fact, although sleeping pills can help you enter a state of sleep, they may actually impair the *quality* of your sleep. That's why you often wake up feeling tired or hung over after taking these drugs.

Second, these drugs pose serious risks to your health. As you age, your body takes longer to metabolize these drugs, so they stay in your system longer. The result is that even "ordinary" side effects may be magnified. As researcher H.C. Luo reported, "It is well known that the synthetic sedatives, hypnotics and tranquilizers are generally detoxicated in the liver, which may be damaged after prolonged use of these drugs."

Even worse, you can develop a tolerance for these sleep-inducing drugs. This requires you to take more and more of the drugs to bring on the desired sleep, eventually leading to dangerous overuse and addiction.

Even when used properly, sleeping drugs can cause disturbing side effects, including:

- ✓ difficulty waking
- ✓ a "hangover" feeling in the morning
- ✓ a reduction in short-term memory
- ✓ difficulty concentrating
- ✓ and even increased sleep problems and rebound insomnia when you try to stop taking the drugs

In addition, use of these medications has been linked to

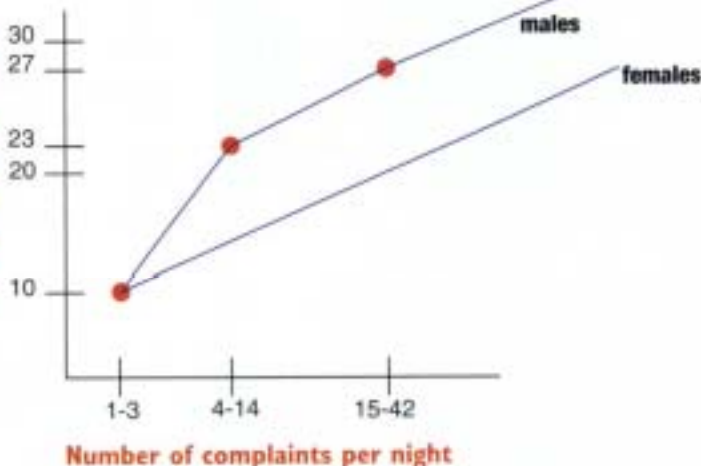
increasing your risk of falls, hip fractures and automobile accidents.

LACK OF QUALITY SLEEP WORSENS THE PROBLEMS OF AGING

Although we speak of sleep as one event, scientists know that there are actually two kinds of sleep broken into five distinct stages. The first kind of sleep is "active," or REM sleep, characterized by rapid eye movements and dreaming. But the second, "deep" or non-REM sleep, is of particular importance to your health.

It is during deep sleep, when the brain and body are the quietest, that certain hormones are reset and energy stores are resupplied. These crucial rejuvenating functions significantly decrease as sleep is lost. This suggests to researchers that lack of adequate sleep may hasten the effects of aging.

Number of deaths caused by insomnia over a 3-year period



Eve Van Cauter, one of the world's leading sleep researchers from the University of Chicago, says, "The decline in deep sleep is one of the earliest events of aging. We think that it is likely to accelerate aging. People should preserve their sleep and the quality of their sleep as carefully as they look after their nutrition and their exercise."

THE LINK BETWEEN SLEEP AND DISEASE IS PROVEN

After years of medical research, scientists have proven that lack of sleep can do much more harm than simply make you tired.

How well you resist disease and how gracefully you age are directly related to how much sleep you get. Lack of sleep affects the distribution of important hormones, depletes your immune defense system, promotes the growth of fat instead of muscle and even appears to accelerate the aging process.

"Getting enough sleep is as important to your health as exercising or making sure you don't eat too much fatty food," according to Van Cauter.

LACK OF SLEEP CAN ACTUALLY BE "FRYING" YOUR BRAIN

Deep in your body, the tiny adrenal gland stands ready to arm your body for dealing with stress. As soon as your body senses a stressful situation or need for extra alertness, the adrenal gland secretes high amounts of the hormone cortisol.



Normally, this hormone sharply declines at night as your body prepares for replenishing sleep. Levels of cortisol naturally increase to a low level in the morning to make you alert for the day's activities.

When cortisol is activated by stress, it's like getting a jump-start in your brain. It makes you more alert and sharpens your senses as your body prepares to take action.

But cortisol is a powerful hormone. Studies in animals and older people show that long-term exposure to high levels of cortisol can damage brain cells, causing shrinkage in the hippocampus, the area of the brain responsible for learning and memory.

That's why your body only makes cortisol readily available in larger amounts during times of stress. Other than those times, production of cortisol remains at a very low level—just enough to keep you alert.

In groundbreaking research, Van Cauter sought to discover what happens to cortisol levels when people don't get enough sleep.

Van Cauter discovered that limiting human volunteers to four hours of sleep for just one night caused their cortisol levels to remain high, instead of shutting down. The excess cortisol due to lack of sleep was found to be significant enough to possibly cause memory impairment if it were to occur regularly as a result of sleep deprivation.

In essence, sleep is so important that when you don't get enough, your body becomes stressed. And instead of shutting the cortisol down at night, your brain "soaks" in the powerful substance all night long. It's like frying your brain cells in cortisol.

DECREASED BRAIN POWER

At Harvard Medical School, Dr. Robert Greene is a neuroscientist who tracks the brain's chemical sleep signals. He has concluded that without sufficient sleep, you're trying to function without full brain power.

Sleep deprivation forces your brain to try to function with limited energy resources. "Your judgement goes way down when this happens," said Dr. Greene. "You're not as aroused, your alertness suffers and your reaction time decreases." This can lead to mistakes and accidents at the very least.

LACK OF SLEEP CAN MAKE
YOU PHYSICALLY SICK

YOUR NATURAL "KILLER" CELLS ARE BEING KILLED

Dr. Greene says, "People who are sleep deprived are operating their brain on a metabolically depleted level. You may think you're doing OK but you still have to pay the piper. If sleep is needed for brain metabolism to be working in an optimal way, you're losing that."

Supporting Dr. Greene's observations is Dr. Stanley Corn. In his book *Sleep Thieves*, he reports the results of studies that show that intelligence, measured as IQ, drops with each hour of sleep that you lose. The more sleep deprived you are, the lower your IQ.

Adequate sleep is crucial to keeping yourself functioning at peak performance levels, both mentally and physically.

LACK OF SLEEP CAN MAKE YOU PHYSICALLY SICK

Scientists and researchers now know that there is a definite link between your lack of sleep and a decrease or suppression of your immune system. The bottom line is that the less you sleep, the more likely you are to come down with a variety of physical ailments.

R.J. Shephard, J.W. Castellani and P.N. Shek of the Defence and Civil Institute of Environmental Medicine in Toronto have conducted studies that show the immune system is suppressed under the stress of sleep deprivation. They point out that this immune suppression can impair both physical and mental performance by increasing your body's susceptibility to bacterial and viral infections. In addition,

your body's reaction to injuries like cuts and burns will be slowed, possibly leading to serious infections and even death if the infection spreads to your heart.

YOU CAN LOSE YOUR NATURAL IMMUNITY AND FALL VICTIM TO ALL KINDS OF DISEASES

A landmark study by Brown, Pang, Husband and King of the University of Newcastle in New South Wales, Australia, shows what can happen to your built-up immunities when you don't get enough sleep.



In this study, healthy mice were immunized against influenza. Half of these flu-resistant mice were allowed to sleep normally, and half were deprived of their normal sleep. Then all were exposed to a flu virus.

The mice that slept normally maintained their immunity and completely wiped the flu virus from their bodies. But the mice that were sleep deprived became sick and acted as though they had never been immunized in the first place.

No wonder you don't feel well when you don't sleep well. The colds and flus and other illnesses that you've developed immunity against can run rampant in your body if you aren't getting enough sleep.

YOUR NATURAL "KILLER" CELLS ARE BEING KILLED

Natural killer cells (NKC) are aptly named for their ability to hunt down and destroy foreign microbes, viruses and cancer cells in your body. Without their full power, brought on by day after day of incomplete sleep, your body is a sitting duck for all kinds of diseases.

Martica Hall, a research psychologist at the University of Pittsburgh, found that people who simply take longer to fall asleep have fewer NKCs in their bodies. "The longer it takes you to fall asleep, and the more you are awake during the first hour, the worse your NKCs are," Hall said.

These findings were reinforced in human studies by M. Irwin and his team at the University of California, San Diego.

In this study, 42 medically and physically healthy male volunteers were deprived of sleep between 10 p.m. and 3 a.m. for just one night.

Upon checking the subjects' blood levels for NKC's, the researchers were astounded. They discovered that even this modest disturbance in sleep produced a significant reduction of natural immune responses and decline of disease-fighting NKC's in every one of the subjects.

Fortunately, studies also show that catching up on your sleep and getting the rest you need allows your immune system and killer cells to recover.

IF YOU'RE ALREADY SICK, YOU NEED QUALITY SLEEP TO RECOVER

It turns out that your grandmother's time-tested admonition to "get plenty of rest" when you have colds, flu or other illnesses has a solid basis in medical science.

Just as the wearing down of your immune system due to lack of sleep makes you more susceptible to disease, so it also prevents you from recovering as rapidly or as completely from diseases once you get them.

Unfortunately, often the very diseases themselves affect your natural sleep cycles and prevent you from getting the good rest you need to fully recover. It's like preventing you from getting adequate rest is a self-defense

mechanism for the disease. It becomes a vicious cycle from which you must be able to exit.

Medical and psychosocial problems that are often associated with sleep disturbances include:

- ✓ depression
- ✓ Alzheimer's
- ✓ heart disease
- ✓ upper respiratory disease
- ✓ pulmonary disease
- ✓ arthritis
- ✓ pain syndromes
- ✓ prostate disease

SLEEPING PILL DANGER!

4 THINGS YOU MUST KNOW IF YOU TAKE ANY OF THESE DRUGS TO HELP YOU SLEEP

- ✓ *oxazepam*
- ✓ *alprazolam*
- ✓ *flurazepam*
- ✓ *clorazepate*
- ✓ *temazepam*
- ✓ *estazolam*
- ✓ *diazepam*
- ✓ *chloral hydrate*
- ✓ *lorazepam*
- ✓ *triazolam*
- ✓ *chlordiazepoxide*
- ✓ *over-the-counter pills*

1 **These drugs have NOT been proven safe or effective for older persons.** Despite the fact that elderly patients are the main users of these medications, information on effectiveness and toxicity is derived from studies involving only YOUNG patients. Therefore, no one, including your doctor, really knows how they will affect you.

2 **Serious side effects.** Side effects from these prescription

medications include: early morning insomnia, rebound insomnia, confusion, agitation, impaired psychomotor performance, amnesia, daytime sedation, increased likelihood of falls, accidents, gastric irritation, and hallucinations. Even over-the-counter sleeping agents, which people assume are safe, may produce confusion and other anticholinergic side effects, as well as tolerance, within just a few days to weeks of use.

3 **Addiction.** Most of these medications have been associated with severe dependence and withdrawal reactions.

4 **Safe, natural alternatives are now available.** Fortunately, you don't need to depend on these dangerous drugs any more. Scientific studies now prove that time-tested natural herbs and nutrients can help you sleep safely and soundly, plus strengthen your immune system.

RELAX YOUR MIND, ENHANCE SLEEP AND BOOST YOUR IMMUNE SYSTEM

LACK OF SLEEP CAN EVEN KILL YOU

In addition to causing illness and fatigue and affecting the quality of life, numerous studies show that sleep problems have been associated with an increased chance of even causing your premature death.

Scientists already know that humans suffering from familial insomnia, a genetically transmitted disease, die seven to 25 months after the onset of progressive and untreatable insomnia. Likewise, sustained sleep deprivation in laboratory rats ends in death after about 19 days.

Carol Everson, of the National Institute of Mental Health in Bethesda, Maryland, conducted studies that showed lack of sleep for any reason can cause death.

Everson determined that sleep deprivation, alone, produced a life-threatening condition that was not accompanied by the usual diagnostic symptoms of fever and large-tissue inflammatory reactions.

STUDIES PROVE THESE NATURAL HERBS ARE SAFE AND EFFECTIVE

Rather than dangerous drugs, people in Europe and Asia have relied on natural herbs and nutrients for thousands of years to enhance sleep and end disease. Now research proves that these time-tested remedies are medically and scientifically safe and beneficial.

While prescription drugs often cause unnatural sleep patterns by prohibiting you from experiencing some vital sleep phases, natural herbal formulations work with your

body to bring about natural sleep in all phases.

The result is that you wake up feeling rested and refreshed, not groggy and hung over. Most importantly, because these sleep-promoting nutrients are 100% natural, you never have to worry about them becoming addictive or habit forming.

Traditional Chinese medicine combines several herbs noted for their ability to induce a good night's sleep.

RELAX YOUR MIND, ENHANCE SLEEP AND BOOST YOUR IMMUNE SYSTEM

The most commonly used herb in ancient sleep formulas is *Zizyphus spinosa*. The benefits of this leafy Chinese herb are best described by its traditional name, "Calm the Heart Seed."

Zizyphus spinosa works especially well in bringing about safe, restful sleep because it calms the mind and body. It even brings relief to people who experience restless sleep with excessive, vivid dreams and/or nightmares.

One research study conducted at the Hehi Provincial Academy of Medical Sciences proved that *Zizyphus spinosa* exerts an inhibiting effect on central nervous system function and prolongs sound sleep.

Another study conducted by researcher X.C. Lang and his team showed that administration of *Zizyphus spinosa* significantly bolstered the immune system in mice and increased the formation of disease-fighting antibodies.

SLEEP WHENEVER YOU WANT WITH THIS "WILL-ENHANCING" HERB

One of the most extraordinary herbs in the ancient Asian herbal system is *Polygala tenuifolia*. Not only does it enhance sleep by relaxing your mind and calming your emotions, but it is also known for its mind-developing properties.

The ancient name for *Polygala tenuifolia* is "Will Strengthener." It is frequently used to provide energy and power to your will so that you can overcome the obstacles that block you from doing what you want. And that includes enhancing your body's will to get a good night's sleep.

When Japanese researchers studied *Polygala tenuifolia*, they discovered that it contains saponins that inhibit an enzyme called cyclic AMP phosphodiesterase. These studies showed that inhibition of this enzyme in mice produced a prolonged sleeping time.

ENJOY PROLONGED, NATURAL SLEEP

The spindly Chinese herb *Bupleurum chinense* is not only well known for its relaxing properties but also for its overall calming effect on the central nervous system.

Numerous experiments prove that the the major compound in *Bupleurum* root provides significant sedative effects and even prolongs the sleep cycle.

And like other herbs already mentioned, *Bupleurum chinense*



has been shown to provide enhancement to the immune system. When given to mice, it was found to markedly enhance formation of antibodies and strengthen the inhibition of leukocyte transformation.

PRAISED BY THE IMPERIAL COURT

Another remarkable Chinese herb is *Schizandra chinensis*, also called "five-flavored fruit." This safe and powerful toning herb first became well-known among members of the Emperor's Court in ancient China. Among its anti-aging benefits, *Schizandra* demonstrated an ability to purify the blood, sharpen the mind, improve memory, rejuvenate sexual energy and cause the skin to become radiant. It's no surprise that the herb was especially popular among women.

Recent studies have found that, in addition to its other properties, *Schizandra* can have a mild calming effect on the body, and it can also soothe discomfort. As stress and pain are two of the most common causes of disturbed sleep, this herb has broad potential in promoting rest

and relaxation. In fact, the *National Medical Journal of China* published a study that demonstrated *Schizandra's* ability to tone and regenerate the liver—an important organ that regulates energy levels.

TWO OTHER CHINESE HERBS

The Chinese herb *Uncaria rhyncophylla* has also been used to promote relaxation. It helps to relax muscles and has been used to counter high blood pressure problems. This makes *Uncaria* a perfect candidate to add to a sleep formulation, because it opens blood vessels to allow blood to flow properly. Therefore, headaches and tension may be relieved. Indeed, one of the more recent applications of *Uncaria* has been to help counteract the spasmodic attacks that sometimes occur with epileptics.

Anemarrhena asphodeloides has also emerged as a useful herb for sleep. It has demonstrated certain effects against harmful types of bacteria and some doctors prescribe it to balance blood

sugar problems. Lately, Chinese researchers from the First Medical Academy in Shanghai showed that *Anemarrhena* has a calming effect and can help the adrenal glands deal with increased levels of stress. Therefore, sleep-wake patterns become more level and people can feel refreshed when they wake up.

NATURAL AMINO ACID GENTLY ACTIVATES YOUR NATURAL SLEEP CENTER

An exciting discovery in natural sleep enhancement is the amino acid 5-hydroxytryptophan (5-HTP). Scientists have discovered that 5-HTP increases levels of one of the most important neurotransmitters in your brain, serotonin. Serotonin, it turns out, is critical to overcoming depression, anxiety and sleep disorders.

When taken on an empty stomach about one hour before going to bed, 5-HTP gently induces sleep. Several human studies confirm its ability to ease sleep disturbances and insomnia by boosting serotonin levels.

SOOTHING BALM FROM EUROPE CALMS YOUR STRESSED NERVES

YOU DON'T HAVE TO SUFFER WITH SLEEP PROBLEMS ANYMORE

In addition, 5-HTP is a precursor to the hormone melatonin, which promotes restful sleep and regulates your internal clock. Thus, 5-HTP's double-sleep action makes it an invaluable natural sleep aid.

YOU DON'T HAVE TO SUFFER WITH SLEEP PROBLEMS ANYMORE

Not being able to sleep when you want to is a very frustrating and stressful experience. You know how difficult it is to lie in bed on those nights when sound sleep becomes so difficult for you.

You toss and turn.

You stare blindly into the darkness for what seems like hours.

You count sheep.

You pray.

Occasionally you drift off, but only very lightly and only in fits and starts.

You don't want to turn to prescription drugs. But with no good alternatives from your doctor, you haven't had much of a choice. Until now.

THE MOST POWERFUL NATURAL SLEEP AID EVER DEVELOPED NOW AVAILABLE

Scientists at the world-renowned nutraceutical company TheraCeuticals have formulated a product, distributed by Gero Vita, that combines all of these ingredients into one easy-to-use capsule called SURE SLEEP. The results people are getting with this safe and natural supplement are *nothing short of remarkable*.

No other single source gives you so much safe, proven power to relax you, calm you and enhance natural, restful sleep as SURE SLEEP. Nothing has been

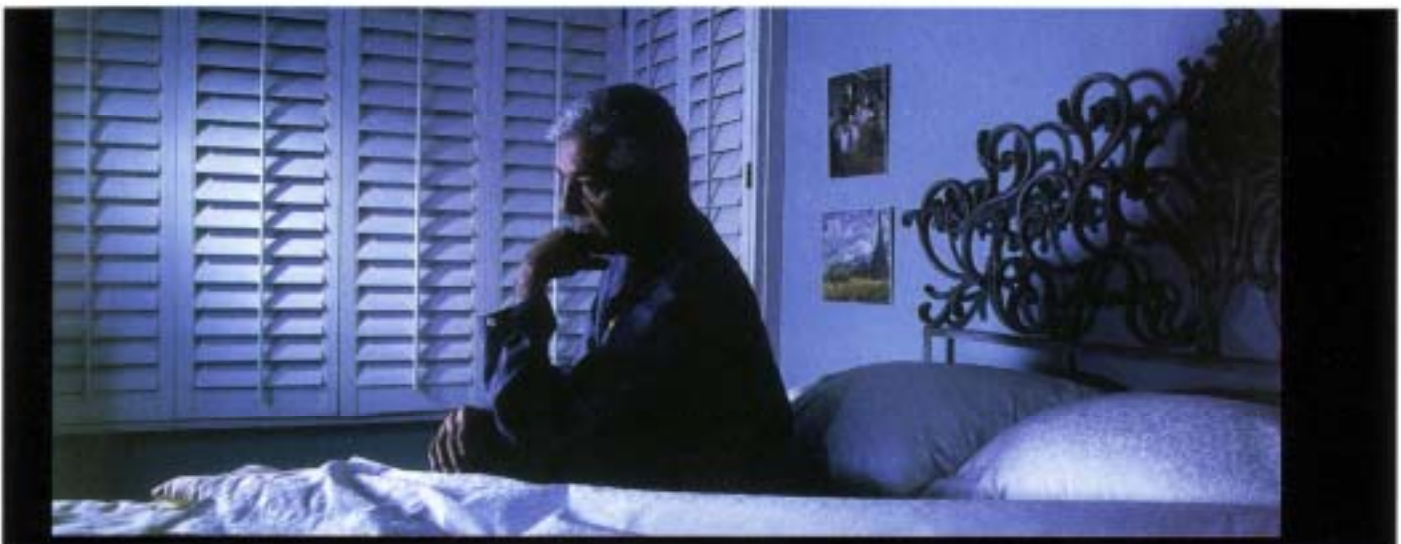
left out. Every one of the most potent nutrients are featured in this formula, including:

Zizyphus spinosa
Polygala tenuifolia
Bupleurum chinense
5-HTP

SURE SLEEP WILL HELP YOU SLEEP LIKE A BABY—PLUS HELP END SICKNESS AND FATIGUE

As you have read, the safe, natural ingredients in SURE SLEEP have been studied and shown to be effective by researchers. Most importantly, SURE SLEEP has earned praise and support from people all around the world!

To be energized all day and sleep like a baby every night...To restore and maintain peak immune system function...To be free of many diseases, allergies, colds and





the flu...SURE SLEEP is all you need.

SURE SLEEP has been used all over the world and has helped thousands sleep better and strengthen their immune systems to help end...

- ✓ irritability and fatigue
- ✓ confusion
- ✓ inability to concentrate
- ✓ anxiety
- ✓ mood problems
- ✓ generally not feeling well

When you awaken refreshed and alert the morning after your very first night of using SURE SLEEP, you'll know that your life is going to change! You will notice dramatic improvement in your energy level and overall health almost immediately after using SURE SLEEP.

And within a few days, after your immune system gets the recharging it so desperate-

ly needs, you'll notice that those nagging illnesses are gone, leaving you feeling better than you have in years!

LIMITED SUPPLY OF SURE SLEEP

This TheraCeuticals product is distributed by GeroVita, a manufacturer of nutritional supplements available in 33 countries. Gero Vita has been awarded the exclusive distribution rights to SURE SLEEP in the United States.

It will be a while before full retail distribution nationwide is under way. However, a limited supply of SURE SLEEP may be purchased by mail or phone.

TRY SURE SLEEP ABSOLUTELY FREE OF ANY RISK

Send or call for a supply of SURE SLEEP today.

This product comes with a 100% SATISFACTION, RISK-FREE GUARANTEE.

If, after 30 days, you don't sleep better, have more energy, feel less fatigue and notice your health problems coming to an end, you will receive a prompt and full refund. No questions asked. You risk nothing.

With SURE SLEEP's proven record of results, plus this unconditional, money-back guarantee, the only risk you take is if you DON'T try SURE SLEEP right now.

With so much to gain by ordering, and so much to lose by passing this chance by, I trust you'll use the order form on page 12 to mail or call for your risk-free supply of SURE SLEEP right now.

SURE SLEEP HAS BEEN USED ALL OVER THE WORLD AND HAS HELPED THOUSANDS

SURE SLEEP HAS BEEN USED ALL OVER THE WORLD
AND HAS HELPED THOUSANDS
HERE'S WHAT THEY'RE SAYING...

"I feel great and well-rested, and since taking Sure Sleep, I can now reclaim a healthy mood and a much sharper attitude. Sure Sleep nutrients supply me with a feeling of well-being."

Betty Martinich
Sun City Center, FL

"Sure Sleep works within an hour. I feel well rested when I wake in the morning, and I don't get any side effects such as grogginess. I recommend it to anyone."

Edwin Doerr
Fairfield, NJ

"I have a real hard time going to sleep. I was this way most of my life until I started taking Sure Sleep. I feel great when I get up in the mornings."

Mrs. Gaither Clubb
Squires, MO

"I fall asleep easily and gradually. Sure Sleep doesn't wear off in the middle of the night."

Clotee Hughart
Aiken, SC

"Sure Sleep acts like a 'stealth fighter,' and before I know it, I'm asleep!"

D.A. Willaman
Grants Pass, OR

"Because I sleep so well using Sure Sleep, my morning energy level is heightened. Even my wife notices my stamina and alertness."

Richard Lewis
Wauconda, IL

"Sure Sleep helps me sleep more soundly without waking up two or three times a night and then having difficulty getting back to sleep. With more comfortable, restful sleep, I feel much better the next day and don't feel the need to take a nap like I used to."

Jack Iverson
Fillmore, UT

"I have suffered from insomnia for a long time. Sure Sleep is the best sleep aid I have used. It is effective and non-addictive, and it has no side effects."

Rasa Spilbergs
Mashpee, MA

"I used to toss and turn. Now I take Sure Sleep and I sleep like a baby and feel great the next morning."

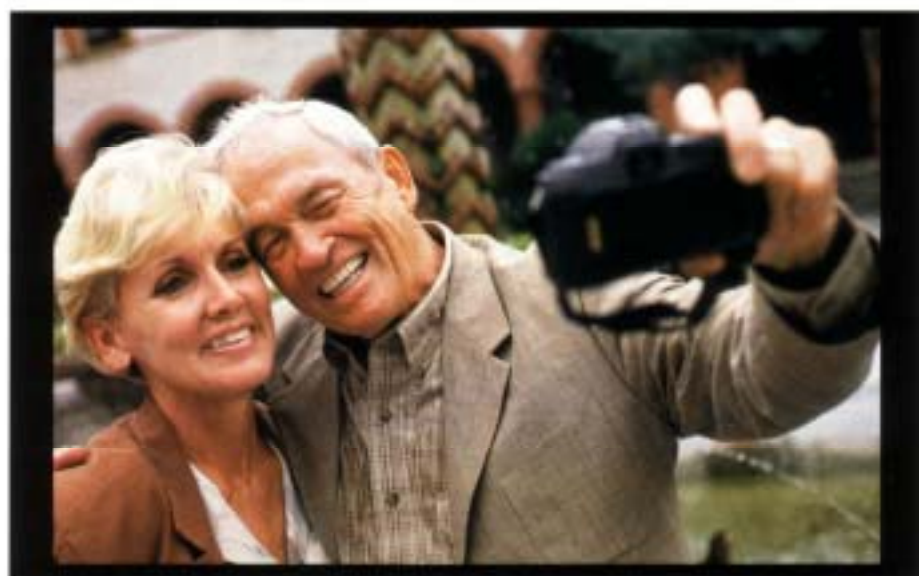
Joyce McAtee
Mesa, AZ

"Sure Sleep is absolutely wonderful. It is a natural and healthy way to fall asleep. It works wonders. I have tried many different products, and Sure Sleep is the only one that works. It has brought some peace to all those restless nights."

Cindy Tillson
Reading, PA

"My job is stressful and I travel extensively. Sure Sleep helps me get a good night's sleep, even when I am on the road at a hotel room with noise."

Robert Hamric
Del City, OK



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SURE SLEEP – For a Night of Complete Rest

A TheraCeuticals International Product

	Qty.	Price
*Six-Month Supply (reg. \$239.70) SU6 <input type="checkbox"/>	\$109.95	_____
Four-Month Supply (reg. \$159.80) SU4 <input type="checkbox"/>	\$89.95	_____
Two-Month Supply (reg. \$79.90) SU2 <input type="checkbox"/>	\$49.95	_____
One-Month Supply (reg. \$39.95) SU1 <input type="checkbox"/>	\$29.95	_____

Subtotal From Below (Other Fine Gero Vita Products): \$ _____

Products marked with an asterisk (*) indicate best value for your money.

Shipping & Handling: Add \$ **4.95**

Total Amount Enclosed: \$ _____

Make your check or money order in U.S. dollars and mail to:

Gero Vita International

4936 Yonge Street

Toronto, Ontario M2N 6S3 CANADA

(Please use two U.S. first-class stamps to mail to Canada)

Visit our Web site: www.gvi.com

Monthly supply is calculated based upon the recommended minimum daily dosage.

Prices are subject to change without notice. If prices change, the customer will be given the opportunity to accept or reject the product at the new or corrected price.

Bill My Credit Card:

MasterCard Visa American Express Discover

Card No. _____

Exp. Date _____ X _____ (sign if charging)

Payment Enclosed (Do Not Send Cash): \$ _____

Ms. Mrs. Mr. Dr. (U.S. Dollars)

Name _____

Address _____ Apt. _____

City _____

State _____ Zip _____

Daytime Phone (____) _____

In case we have a question about your order

To expedite your order, be sure to give the operator your Priority Code and Customer Number from the back cover. (Fill in below when mailing or faxing.)

Priority Code

Customer Number

All Orders Are Shipped By USPS Priority Mail!

Other Fine Gero Vita Products - Select the item(s) and add the subtotal to the above order form.

OXYSPECTRO - Ultimate Antioxidant With Alpha-Lipoic Acid		Qty.	Price
*Six-Month Supply (reg \$239.70) OYD <input type="checkbox"/>	\$109.95	_____	_____
Four-Month Supply (reg \$159.80) OYC <input type="checkbox"/>	\$89.95	_____	_____
Two-Month Supply (reg \$79.90) OYB <input type="checkbox"/>	\$49.95	_____	_____
One-Month Supply (reg \$39.95) OYA <input type="checkbox"/>	\$29.95	_____	_____

ARTHRO-7 - Proven Solution to Joint Problems		Qty.	Price
*Six-Month Supply (reg \$239.70) AH6 <input type="checkbox"/>	\$109.95	_____	_____
Three-Month Supply (reg \$119.85) AH3 <input type="checkbox"/>	\$69.95	_____	_____
One-Month Supply (reg \$39.95) AH1 <input type="checkbox"/>	\$29.95	_____	_____

GERO-VITA G.H.3. - Nondrug Procaine Rejuvenation Formula		Qty.	Price
*Six-Month Supply (reg \$239.70) GV6 <input type="checkbox"/>	\$109.95	_____	_____
Four-Month Supply (reg \$159.80) GV4 <input type="checkbox"/>	\$89.95	_____	_____
Two-Month Supply (reg \$79.90) GV2 <input type="checkbox"/>	\$49.95	_____	_____
One-Month Supply (reg \$39.95) GV1 <input type="checkbox"/>	\$29.95	_____	_____

HEALTHY HEART FORMULA - Promotes Optimal Arterial Health		Qty.	Price
*Six-Month Supply (reg \$239.70) HFD <input type="checkbox"/>	\$109.95	_____	_____
Four-Month Supply (reg \$159.80) HFC <input type="checkbox"/>	\$89.95	_____	_____
Two-Month Supply (reg \$79.90) HFB <input type="checkbox"/>	\$49.95	_____	_____
One-Month Supply (reg \$39.95) HFA <input type="checkbox"/>	\$29.95	_____	_____

HYPERBALANCE - Helps Normalize Blood Pressure		Qty.	Price
*Six-Month Supply (reg \$239.70) HY6 <input type="checkbox"/>	\$109.95	_____	_____
Four-Month Supply (reg \$159.80) HY4 <input type="checkbox"/>	\$89.95	_____	_____
Two-Month Supply (reg \$79.90) HY2 <input type="checkbox"/>	\$49.95	_____	_____
One-Month Supply (reg \$39.95) HY1 <input type="checkbox"/>	\$29.95	_____	_____

LUNG SUPPORT FORMULA - Enhances Breathing, Supports Lungs		Qty.	Price
*Six-Month Supply (reg \$239.70) LSD <input type="checkbox"/>	\$109.95	_____	_____
Four-Month Supply (reg \$159.80) LSC <input type="checkbox"/>	\$89.95	_____	_____
Two-Month Supply (reg \$79.90) LSB <input type="checkbox"/>	\$49.95	_____	_____
One-Month Supply (reg \$39.95) LSA <input type="checkbox"/>	\$29.95	_____	_____

MEDI-ZYME N - European Enzyme Breakthrough		Qty.	Price
*Six-Month Supply (reg \$239.70) MX6 <input type="checkbox"/>	\$109.95	_____	_____
Four-Month Supply (reg \$159.80) MX4 <input type="checkbox"/>	\$89.95	_____	_____
Two-Month Supply (reg \$79.90) MX2 <input type="checkbox"/>	\$49.95	_____	_____
One-Month Supply (reg \$39.95) MX1 <input type="checkbox"/>	\$29.95	_____	_____

MEGA MSM (CAPSULES) - Organic Sulfur for Joint Comfort		Qty.	Price
*Six-Month Supply (reg \$239.70) MS6 <input type="checkbox"/>	\$109.95	_____	_____
Four-Month Supply (reg \$159.80) MS4 <input type="checkbox"/>	\$89.95	_____	_____
Two-Month Supply (reg \$79.90) MS2 <input type="checkbox"/>	\$49.95	_____	_____
One-Month Supply (reg \$39.95) MS1 <input type="checkbox"/>	\$29.95	_____	_____

OPTIBALANCE - Dual-Action Dieting System		Qty.	Price
*Six-Month Supply (reg \$479.40) OB6 <input type="checkbox"/>	\$179.95	_____	_____
Four-Month Supply (reg \$319.60) OB4 <input type="checkbox"/>	\$134.95	_____	_____
Two-Month Supply (reg \$159.80) OB2 <input type="checkbox"/>	\$89.95	_____	_____
One-Month Supply (reg \$79.95) OB1 <input type="checkbox"/>	\$49.95	_____	_____

PHYTOPLEX - Powerful Plant Chemicals Complex		Qty.	Price
*Six-Month Supply (reg \$239.70) PYH <input type="checkbox"/>	\$109.95	_____	_____
Four-Month Supply (reg \$159.80) PYG <input type="checkbox"/>	\$89.95	_____	_____
Two-Month Supply (reg \$79.90) PYF <input type="checkbox"/>	\$49.95	_____	_____
One-Month Supply (reg \$39.95) PVE <input type="checkbox"/>	\$29.95	_____	_____

Subtotal: \$ _____

One Small Capsule. One Giant Step in Antioxidant Protection.



Free radicals are hard at work inside your body, rusting your cells and speeding up the aging process.

Oxyspectro is the best way to stop them. That's because **Oxyspectro** offers a wide spectrum of the most potent antioxidants known.



Heading the list is grapeseed extract, a potent antioxidant clinically shown to be 50 times stronger than vitamins C and E. The **Oxyspectro** formula contains alpha-lipoic acid, a natural catalyst that enhances the actions of other antioxidants. This formula also features selenium, zinc, vitamins A, C, and E, as well as BHT, an important life extender.

Oxyspectro gives your body the weapons it needs to combat free radicals.

OXYSPECTRO



"Taking antioxidants daily is one of the best things you can do to maintain good health," says Cheryl Brown-Christopher, M.D. "People who regularly supplement with a potent antioxidant formula like **Oxyspectro** get ill less frequently and cope better with stress. **Oxyspectro** is one of the finest full-range antioxidant formulas available today."

Gero Vita International

4936 Yonge Street
Toronto, Ontario M2N 6S3
CANADA

Lost sleep more harmful than believed, study shows

By JILL S. BRANT

There is probably no issue of our time that Americans sleep more to please. They do it right down to the bone. They work longer hours, they skip meals, they skip exercise and exercise, they skip the gym, they skip the doctor, they skip the dentist, they skip the hair salon, they skip the car wash, they skip the dry cleaner, they skip the laundry, they skip the housework, they skip the shopping, they skip the social life, they skip the family time, they skip the fun time, they skip the relaxation time, they skip the vacation time, they skip the retirement time, they skip the death time.

But few do, and even research suggests that the consequences of chronic sleep deprivation may be far more than merely diminished mental alertness, decreased sports and a tendency to take off at every game moment. Studies being conducted at the University of Chicago found that sleep deprivation can be associated with high blood pressure, heart disease, diabetes, obesity, depression, and even cancer.

Research by the University of Chicago, Dr. Charles Czeisler, Dr. Eric Van Cauter and Richard Lee, MD, found that even a single night's sleep deprivation can lead to a 10 percent decrease in the body's ability to process carbohydrates, manage stress, maintain a proper balance of hormones and fight off infection.

Most previous studies looked only at sleep deprivation during the night — sleeping people awake for 11 or 12 hours — and reported only the effects on mental performance, alertness and mood. Much do indeed suffer from a lack of sleep.

In the new study, Van Cauter and his colleagues examined the physiological effects of sleeping only four hours a night for six straight nights, a not uncommon practice, especially at the time of year. An idea of whether being awake for 16 hours a day would be similar to that of sleeping only four hours a night.

"With prolonged sleep deprivation, we found that people were slower to learn than people who had had more than eight hours of sleep," Van Cauter said in an interview. "We found that an acute episode of sleep deprivation is associated with a 10 percent decrease in the body's ability to process carbohydrates, manage stress, maintain a proper balance of hormones and fight off infection. This is true for the individual sleep study — those who are not 'fast asleep' and 'long awaken' who still will continue to struggle — it is also true that some sleep deprivation leads to depression, especially if you are not sleeping up until you are able to sleep again, and then going to an

INSIDE: Secret To End Sleep Problems And Health Problems

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