

**Pain? Stiffness? Natural
remedy 10x more effective
than current solutions.**

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**Natural
“pain eraser” doctors
take to feel relief!**

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**“No more pain!
This changed my life!”**

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LONGEVITY NEWS

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Featuring Information on How to Live a Vibrant, Healthy Life

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Clinical Studies Reveal: The “Yellow” Spice That Can Ease Your Pain Fast!



It’s been all over the news—and it has over 4,000 scientific studies behind it to back up its rather remarkable claims for natural pain relief. But does this popular yellow spice live up to its dramatic claims?

*By Mitzi Meyer
Staff Writer*

You may have heard about *Curcumin*, an extract of turmeric—a compound found in the curry plant. Researchers call curcumin a safe, natural and quick-acting pain reliever that’s in a class by itself. Admittedly, this nutritional compound is backed by some highly compelling research—and further celebrated by “happily ever after” stories from so many of its satisfied users.

Research has identified curcumin, a bright yellow spice (*Curcuma longa*), as the active ingredient in turmeric, often used in many Indian and Thai dishes. Historically, turmeric has been a component of Indian Auyrvedic medicine and has been used extensively in various Indian ceremonies for centuries.

The Chinese and Indians have used curcumin for centuries in their cooking and medicine. As a result, they have the lowest incidence of degenerative diseases in the world.

Scientists now know that curcumin is an antioxidant that protects cells from the damaging, process of oxidation. It does this by scavenging molecules known as free radicals which are one of the root causes of aging.

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In Pain? You Don’t Have to “Grin and Bear It” Any Longer!

*By Dr. Reinhard Hittich
Founder and President,
GreenPower*

Dr. Reinhard Hittich is a biochemist who founded his own nutritional supplements company in 1997. DrHittich.com is dedicated to optimizing its customers’ health by providing the highest quality products and the best possible value.



Over the years, I’ve seen how nutritional medicine w o r k e d m i r a c l e s for thousands of my customers who had all but given up hope. People with so much pain, they could no longer work. People so battered by illness they lost their “will” to live. People who were destined to live life as an

observer, sitting on the sidelines.

So if your attitude towards chronic pain is to just “grin and bear it”...I encourage you right now to **STOP**—and do your body a great big favor!

Take a slow, deep breath. And one more...And please read this important news alert with clarity and focus... because this is information that really can change your life. It is a natural compound for pain relief called *Curcumin*, an extract from turmeric. It is among one of the most thoroughly researched compounds for natural pain relief with more than 4,000 studies conducted and several more ongoing.

How effective is curcumin?

In one study, participants
(continued on page 4)

BUYER BEWARE: Not All Curcumin Products are the Same!

*By Dr. Terry Lemerond
President, EuroPharma USA*

Dr. Terry Lemerond is President of EuroPharma USA, a highly respected Natural Supplements Researcher, and the author of Seven Keys to Vibrant Health



From all my research, I believe that **c u r c u m i n** is the most remarkable and healing plant that nature has to offer us. Yes, there

are potent and invaluable herbal supplements with antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, and anticancer properties—but only curcumin combines them all!

However, not all curcumin products are the same

Some companies will sell turmeric, implying that it is as effective as curcumin for pain relief. It is also less expensive, because curcumin is but one of the several compounds found in turmeric. In fact, turmeric has only 1/10 the curcumin

as an equivalent amount of standardized curcumin extract. If you’re cooking, use all the turmeric you want—but if you’re trying to terminate your pain, you’re better off with curcumin.

And there is another issue as well: *Curcumin’s ability to be absorbed by your body at the cellular level is quite limited.* Up until a few years ago, researchers were baffled to formulate a curcumin extract that reaches your bloodstream with its amazing anti-

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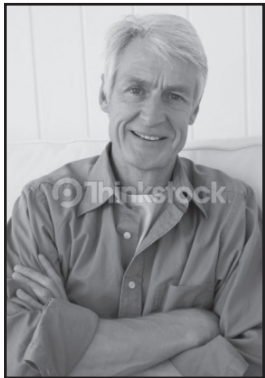
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The Natural Pain Eraser Doctors Take to Feel Relief!

When doctors themselves start taking BCM-95®, you really have to sit up and take notice!

Physician, Heal Thyself!

Dr. Scott Haig, an orthopedic surgeon from Scarsdale, New York, recently became a



believer after seeing how rapidly his 73-year-old patient Jerry bounced back from hip replacement surgery that he

started taking curcumin himself! As Dr. Haig recalls, "A week post-operation, Jerry walked in without a cane, without a limp, got up from a chair faster than I can, and showed me a healed surgical wound that looked a month old."

Studies Show Potential Support for Brain and Memory Health.

As if all the other science on curcumin were insufficient, recent studies also suggest that curcumin may offer significant cognitive-enhancing and anti-depressant benefits. These benefits appear primarily due to curcumin's capacity to promote the activity of neuro-protective factors in the brain, and to regulate certain neurotransmitters. This research suggests even broader uses for curcumin than previously considered, and creates opportunity for inclusion of curcumin in brain-protective and mood-enhancing formulas.

—Chris Kilham, Medicine Hunter, Educator, and Author of *Medicine Hunting in Paradise*

Not Just for Joint Pain!

"If you suffer pain of any kind, or if you know someone who does, you should be learning about BCM-95®. If you want to prevent memory loss, joint problems, cardiovascular woes and other inflammatory conditions, you are a candidate for using CuraQuick® daily."

—David Steinman, Editor, *The Doctors' Prescription for Healthy Living*

Medicinal Value That Doesn't Just Mask Your Pain!

"Unlike most over-the-counter pain relievers and prescription drugs, which work by masking symptoms, BCM-95® curcumin and boswellia (the two active ingredients in CuraQuick®) actually help heal the body."

—Dr. Jacob Teitelbaum, MD, Author of *Real Cause, Real Cure*, and Director of The Annapolis Center for Effective CFS/Fibromyalgia Therapies

Doctor-Recommended—and Doctor Used!

"I use a lot of curcumin extract that helps inflammation from wear and tear."

Dr. Minerva Santos, Director of Integrative Medicine at Northern Westchester Hospital



in New York, recommends the natural anti-inflammatory frequently to patients with sore and achy joints. She also

uses it herself to relieve pain in her joints from sports and exercise.

The "Remedy of Choice" for Pain?!

"BCM-95® curcumin may be the remedy of choice for pain. It proved superior to arthritis drugs without adverse effects, decreased joint pain in osteoarthritis subjects, and reduced markers of inflammation."

—Dr. Phil Domenico, Nutritional Scientist and Educator

Safe Alternative to Aspirin

"For those suffering with mild-to-moderate osteoarthritis, curcumin may offer an alternative for those who wish to phase out their use of over-the-counter conventional remedies."

—Alternative Medicine Review; 2010, Vol. 15, No. 4, 337-344

Used and Recommended by "The Medicine Hunter!"



"From my worldwide experience with natural medicines I know that CuraQuick® with BCM-95® Curcumin

contains highly effective ingredients. I would recommend it to anyone experiencing occasional pain and I use it myself."

—Chris Kilham, The Medicine Hunter, *Fox News Health Talk*

Order Today!
0800 - 1 827 728

CuraQuick® Changed My Life!

Dear Dr. Hittich,



"I never thought I'd be writing a letter of thanks to an herbal supplements company—but then again, no other company ever did for me what your wonderful product CuraQuick® has!

I have tried other supplements, but they only worked a little, if at all. I was living on Advil and even stronger drugs, but I was quite concerned about possible side effects. Worst of all, I found myself giving up on life, as I became less and less active.

CuraQuick® came to my rescue like a knight in shining armor! Within a few days, I felt better than I had in years—

and I haven't taken an Advil since! I cried genuine tears of gratitude when I could actually go for an evening walk with my little boy for the first time in two years.

Dr. Hittich, I can't tell you how delighted I am to have my pain-free life back! I know that there are millions of people with back and joint pain—and probably many who were in even worse condition than I was. My message for them is simple and sincere: Try CuraQuick®—you'll be 100% glad you did!"

P.S. I also wanted to thank you for your 100% Satisfaction Guarantee. It made me feel that I could try CuraQuick® without having anything to lose—except my pain!

—Ingrid W.

True-Life Stories of Health and Healing Thanks to BCM-95®

Thousands of people are happy to use and recommend CuraQuick® with BCM-95® curcumin for one very simple reason: it works! Take a look at these real-life success stories...

Swears by it!



"I heard about CuraQuick® at my health food store. I swear by this stuff, and I dare anyone to take it away from me. It's the best thing on the market, and I have several friends now that swear by it as well. **THANK YOU CURAQUICK® FOR GIVING ME MY LIFE BACK!**"

—Nancy W.

Costs more—but totally worth it!



"I bought CuraQuick® a few months ago, used it, and loved it. I wanted to see if I could save some money, so I tried some other products. I found myself taking more and more, hobbling around—and when I came to my senses, I came back to your fantastic product. Hallelujah! I hope to never be without it again. Thank you!"

—Lyn H.

Blown away by the bliss of zero pain!

"A friend of mine told me about CuraQuick® and the amazing relief she experienced. After

talking to her, I knew I had to get some. I took it, and my neck felt so much better. I cannot explain to anyone how good this felt—pure bliss! Unless you know what it's like to be in pain and then get relief, you won't understand this. I don't remember feeling this good and would strongly recommend it to anyone suffering from joint or muscle pain."

—Jacalyn D.

Pleasantly shocked!



"I am in complete shock at how well CuraQuick® works! I have taken many other products, but with CuraQuick® I felt a difference fast—and with no side effects!"

Thank you, thank you, thank you!"

—Crissy W.

She's telling everybody!



"I have been getting chiropractic treatments several times a week and it's helped some."

My chiropractor, knowing you, trusted CuraQuick® and suggested I take it. I did feel better. I suggested that my 80-year-old mother try it, and her relief was even better than mine! I'm telling everybody in my garden club and my book club about your excellent product!"

—Pat G.

Running without pain!



"I just tried your product that a friend gave to me and I can't believe it! Thank you so much."

This will change my life. Today I ran three miles comfortably!!! I have never tried anything that works as well as CuraQuick®! Your product is truly heaven sent. Thanks to CuraQuick®, I can literally keep on running."

—Denny C.

Back from "decrepit."



"I wanted so badly to go to a restaurant and get up from my chair and get going like a normal person and not have to pause before I could continue. Then by miracle, I read about your product somewhere, and for the first time in many years I am my old self again. I am back from the decrepit, and I thank God every night. Thank you from the bottom of my heart."

—Anna

Best pain reliever in 59 years!



"This is the first natural, sustained relief I've had since getting bucked off a horse 59 years ago. Amazing! I have never tried anything that works as well as CuraQuick®!"

—Carol S.

BUYER BEWARE

(continued from page 1)

were baffled to formulate a curcumin extract that reaches your bloodstream with its amazing anti-inflammatory qualities intact. Some curcumin did get through, but not nearly enough to do much good.

My team at EuroPharma USA was determined to find a solution to this stubborn absorbability problem. We tried several techniques with less than satisfactory results—but after months of meticulous experimentation, we finally discovered a method that worked!

Our team used a state-of-the-art system to micronize the curcumin into tiny particles. Then, we blended it with turmeric essential oils. In fact, the combination of greatly reduced particle size and the oil-particle mixture (which enabled better digestion) didn't just "work"—it worked AMAZINGLY well!

10x more effective than ordinary curcumin

We call this highly bio-available form of curcumin BCM-95®. This naturally enhanced extract combines micronized curcumin with turmeric oils to provide up to 10 times better absorption and blood retention time than standard curcumin extracts!

Plain and simple: Turmeric is a wonderful and healthy spice, but BCM-95® curcumin is a phenomenal natural medicine.

I have been in the nutritional supplements business for over 40 years, and I have discovered and developed some remarkable herbal compounds—but never have I found such an "all-in-one" wellness solution! ■

Call to get started today!
0800 - 1 827 728

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Featuring Information
on How to Live a
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Please Recycle.

The “Yellow” Spice *(continued from page 1)*

But even more important, preliminary studies suggest that the curcumin can promote a normal inflammatory response by inhibiting the expression of the COX-2 “pain” enzyme.

As effective as ibuprofen—but safer

Several double-blind studies have shown also that curcumin is as effective as some conventional remedies in reducing joint aches and swelling.

For example, in a study published in *The Journal of Alternative and Complementary Medicine* compared curcumin versus ibuprofen for pain relief in 107 people with severe knee pain. The patients, with varying degrees of knee stiffness, were divided into two groups. One group took 800 mg of ibuprofen each day, while the other group was given 2 g of a standardized curcumin extract each day. The patients did not know which compound they were taking.

After six weeks, both groups experienced significant reduction in pain. Scientists measured pain relief by seeing how well volunteers were able to walk for 100 meters, or going up and down a flight of stairs.

The researchers were surprised to see that there was no significant difference in the degree of pain improvement between the two groups. Both the curcumin group as well as the ibuprofen group experienced relief from their symptoms.

The researchers’ surprising conclusion: “*Curcumin extracts seem to be similarly efficacious and safe as ibuprofen for the treatment of knee joint problems.*”

This is quite significant, because non-steroidal anti-inflammatory drugs (NSAIDs) have been found to cause internal bleeding and digestive upset. No such side effects have ever been reported for curcumin.¹

Curcumin can boost the health of your entire body

Curcumin has been shown to exhibit antioxidant, anti-inflammatory, antiviral, antibacterial, and antifungal activities. As a result, curcumin may offer great benefits for just about every areas of your health.²

The more we learn, the more amazing this “A-Z Remedy” seems to be. For example:

- **Autoimmune Problems:** Curcumin improves the immune system by regulating signaling mechanisms called cytokines. According to the *Journal of Clinical Immunology* in 2007, this is why curcumin is beneficial for people with blood sugar issues, joint problems, breathing issues, and irregular cell growth.
- **Cardiovascular Health:** A University of Maryland article reports that curcumin supports healthy blood flow, platelet function, and healthy

blood pressure levels. (www.umm.edu/altmed/articles/turmeric-000277.htm).

- **Liver Health:** Austrian researchers treated mice with chronic liver inflammation and found that curcumin delayed liver damage and reduced the blockage of bile ducts.
- **Memory and Cognitive Problems:** Curcumin may support healthy memory by protecting the health of brain cells.
- **Nerve Cell Health:** Researchers at Johns Hopkins University Medical School showed that curcumin protected the brain against nerve cell damage. ■

¹ Journal of Alternative and Complementary Medicine, Aug 2009;15(8):891-7. PMID: 19678780, by Kuptniratsaikul V, Thanakumtorn S, Chinswangwatanakul P, Wattanamongkonsil L, Thamlikitkul V. Department of Rehabilitation Medicine, Faculty of Medicine Siriraj Hospital, Mahidol University, Bangkok, Thailand.

² Advanced Experimental Medical Biology. 2007;595:1-75]

In Pain? *(continued from page 1)*

with joint problems who took a concentrated form of curcumin had minor signs or symptoms of the disease. At the end of 90 days, they had a 58 percent decrease in pain and stiffness and improved physical function and mobility.

Other clinical studies have shown a remarkable 50-percent reduction in pain and stiffness, along with significantly reduced inflammation and swelling of the lower limbs.

However, one of the biggest problems with curcumin is that is very difficult for the body to absorb. So if you have tried

curcumin in the past and did not notice much of a difference, the reason is because your joints were unable to absorb the compound.

Next generation of curcumin is 10x more effective

But now, science has developed a new form of curcumin that is stronger, and more effective than anything I’ve seen.

Dr. Terry Lemerond of EuroPharma USA has found a way to increase the absorbability of curcumin to make it

an incredible **10 times more effective** for easing joint aches and tenderness.

This new, highly absorbable form of curcumin is called **BCM-95®** and it has already created quite a buzz in America. Not only has its effectiveness been shown in several studies... it can help you feel wonderfully pain-free fast!

Why is BCM-95® the “gold standard” of curcumin supplements?

- You get more curcumin per dosage (95 mg of pure curcuminoids per 100 mg)
- BCM-95® curcumin is fully absorbed by your bloodstream
- BCM-95® curcumin stays significantly longer in your bloodstream—up to 8 hours of

pain relief, compared to 4 hours of conventional remedies

- Has an “off the chart” antioxidant value of over 1,000,000. That’s many times higher than that of blueberries (6,552) or dark chocolate (40,200)!

I believe that the more you learn about BCM-95® the more you’re going to want to try it. BCM-95® is finally available in Europe in **CuraQuick®**, an advanced formula by GP Health Products.

So, if you or a loved one suffers from chronic aches, stiffness or pain, please believe me when I tell you that you don’t have to suffer with it anymore. This could be the last pain reliever you’ll ever need. I guarantee it! ■

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