

Don't Risk Forgetting Those You Love!

STOP the “Biological Rust” That Leads to Fast Aging! Here's how to protect yourself from dementia...

If you are taking medications to lower your cholesterol, for diabetes, and heart disease... you may be putting yourself at RISK of forgetting those you love!

Dr. Pamela Wartian Smith, M.D. is a diplomat of the American Academy of Anti-Aging Physicians. In a recent article, she recommends 7 specific supplements to protect your brain. **One of them is Coenzyme Q10 (CoQ10).**

As a powerful antioxidant, CoQ10 plays a vital role in your brain's health. The reason is that antioxidants can control how fast you age by fighting **free radicals—the ones to blame for exposing you to constant biological rust.**

Biological rust is often called oxidative damage. It's similar to what occurs to an iron bar when you dump it into the ocean. Yikes!

But how exposed are you? You see, free radicals are formed as a biological response to toxins around you. For instance... cigarette smoke, chemicals, sunlight, and medicines...

Even your normal metabolism produces free radicals when you exercise or have inflammation in your body!

Here's the thing... **Free radicals steal your health in little pieces.** Free radical

molecules are missing one or more electrons. So they attack and steal electrons from the proteins in your body to replace their missing parts.

How this attack creates a chaotic chain reaction of biological rust? Because when you have molecules stealing from one another... **then each one becomes a new free radical! This attack badly damages your cells... leaving behind a somber trail of biological rust.**

Free radical damage is linked to over 60 different diseases such as cancer, Parkinson's, Alzheimer's, cataracts, and atherosclerosis.

How CoQ10 protects your brain cells from biological rust damage? “Your brain is made of fat,” says Dr. Smith. “In order to get a nutrient into the brain it helps if the nutrient is fat-soluble.” CoQ10 is a fat-soluble substance. It fights biological rust damage itself.

So how much CoQ10 you need? See for yourself on page XX, in this issue of Bottom Line Personal. Let Dr. Smith explain you what to do, and the exact daily recommendation for you.

Turn now to page XX and find out how you can STOP MEMORY LOSS. You'll discover 6 more supplements to protect your brain from fast aging. One of them, can even REVERT the damage already caused by free radicals!