

*China's great healing Master reveals his astonishing*

# "SECRET" CHINESE FOOD CURES

**Baltimore, MD—FOR THOUSANDS OF YEARS,** China's great healing Masters have known a secret that Western doctors are just starting to discover. The cures to the world's great plagues aren't in your medicine chest...They're hiding in your pantry! Beyond drugs, vitamin supplements or any other pill...Nothing else even comes close to the life-giving power of FOOD.

Now, for the first time ever, China's great living Healing Master has agreed to reveal all his most celebrated food cures, in the most important book of its kind ever published. **Unleashing the Power of Food: Recipes to Heal By** is the most life-saving cookbook you'll ever own!

Here, in one incredible volume, are more than 200 life-giving, healing meals from China's legendary *Master FaXiang Hou*. Revered in Asia, Master Hou is winning fame in the West as well...

With uncanny speed, he is able to clear up heart disease, cancer, diabetes, high blood pressure, asthma, allergies, migraine headaches, emphysema, chronic fatigue syndrome and many other health nightmares...

## Precisely targeting each disease with the exact foods shown to heal it!

Already, many medical doctors, film stars, sports heroes, and other Westerners in the know have traveled thousands of miles to be healed by Master Hou. **But now you can experience his healing miracles without even leaving your home.**

Because now you'll have all the very same recipes that Master Hou prescribes for his famous patients and prepares for himself. With more than 350 pages, **Unleashing the Power of Food** is your ultimate guide to cooking the world's healthiest meals:

\* *So packed with mouthwatering recipes,* it could become your favorite cookbook!

\* *So easy to use,* you'll soon whip up fabulous meals in 10 minutes or less!

\* *So powerful,* they often start working in JUST TWO WEEKS!

## Master Hou's food cures work better than Western "diets"

First of all, *they're not diets.* They don't deprive you of "forbidden" foods you can't help loving.

You see, when a Western doctor puts you on a diet, it's all about *cutting stuff out.* Cut out the fat. Cut out the calories. Cut out the meat. Cut out the carbs. *Cut out the fun.* No wonder nobody sticks to those diets!

But Chinese food healing isn't about *eliminating foods...*

## It's about combining the foods you love to UNLOCK THEIR HEALING POWER

For example, instead of forbidding red meat, Master Hou shows you how to combine it with other foods—in recipes

that actually *make meat healthier.*

Master Hou calls this the "yin-yang" effect. It's kind of like the perfect marriage. When the right folks meet each other, they *both* become stronger and more complete people.

So instead of denying your desires, these recipes totally satisfy you. Balancing one food with another, they bring *your whole body* into healthy balance. As a result, these food cures can do much more than any conventional diet. They're not just a few years ahead of Western medicine...

## When it comes to healing with food, CHINA IS 2500 YEARS AHEAD OF THE WEST

As you'll discover on page 17, Master Hou is the living inheritor of 2500 years of careful observation and continuous discovery by healing Masters before him. And, starting on page 32, he'll put this *entire* awesome legacy in your hands — with a comprehensive, A-Z guide to more than 70 different curative foods, including:

- **FABULOUS FRUIT THAT FIGHTS DIABETES.** Long praised by the ancients, this exotic treat is now proven to *increase the number of insulin-producing cells in your pancreas.* Page 37

- **YUMMY NUTS THAT CURE FATIGUE.** Harvested from the Chinese lotus, they also help you sleep better *without* leaving you drowsy in the morning. Page 49

- **CHINESE BERRIES THAT LOWER BLOOD PRESSURE** and reduce cholesterol! Page 53

## Hundreds of Mouth-Watering Meals That Heal

They're so delicious, you may *not* want to tell your family these are actually *curative recipes.* Just serve up the best Chinese cooking they've ever tasted — and smile at the compliments!

Does your gang go for beef, lamb or pork? Great! Now you've got dozens of hearty family-pleasing dinners!

Meat's the bad boy of Western medicine, but China's healing Masters know *nothing* is bad in itself. Let Master Hou show you how to unlock the *curative power* in these foods, by serving up:

- **BACON IN BLACK BEAN SAUCE.** Yes, even bacon's okay! In fact, by combining bacon with leeks, this recipe is your ticket to *healthier arteries!*

- **BEEF WITH BAMBOO SHOOTS.** Rebuild bones and build stronger muscles with this quick dish! The bamboo shoots "balance out" the beef and unleash its strengthening powers.

- **MINCED PORK WITH MELON.** In minutes, you've got a spouse-thrilling dinner that *actually lowers blood sugar.* Master Hou calls it the "*ideal food for diabetes!*"

## Sensational Seafood Delights!

Western doctors are just starting to

understand the miraculous healing powers in seafood. But Master Hou's ancestors knew this for centuries. Now he'll show you how to...

- Lower your blood pressure with scrumptious **SHRIMP IN TOMATO SAUCE.**

- Trim your waistline as you dig into delectable **STIR FRIED SALMON.**

- Fight osteoporosis and help your body absorb calcium by enjoying **PERCH WITH MUSHROOM.**

## Then Check Out The Great News About Chicken!

- Want to sharpen your eyesight? Chomp into wonderful **CHICKEN WITH WALNUTS!**

- Or peel off pounds? Dig into spicy **CHICKEN WITH HOT GREEN PEPPERS!**

Or, if you like, relax and simply sip away pain and disease with...

## Soothing soups that cook up in as little as 5 minutes

- *Imagine cutting your cholesterol* with **PORK SPARERIB SOUP!**

- *Or fighting cancer* as you strengthen your immune system with **HERBED LAMB SOUP!**

Plus, of course, you'll find:

## More than 100 meatless masterpieces

In the West, meatless cuisine can be ho-hum — but in China, it's a high art! Find out how exciting and satisfying vegetarian meals can be, as you feast your way to total health with:

- **SESAME SPINACH.** In as little as 5 minutes, the *perfect dish* to prevent hypertension.

- **AVOCADO WITH TOMATO.** The most delectable tummy-soother you'll ever try!

- **MIGHTY GARLIC MUSHROOMS.** A cancer-fighting quickie that you can enjoy any night!

Then, whenever your loved ones are threatened by major illness, your new book will provide you with...

## Complete 7-Day menu planners for beating the world's deadliest ailments

*Five entire chapters!* Each targets a different condition. And each contains its own special 7-day menu, with delicious selections for breakfast, lunch and dinner, plus detailed instructions from Master Hou. So now you'll have the *ultimate food cures* to help you...

- **CONQUER CANCER.** You'll banish carcinogens from your body and help repair damage they may have already done...while savoring these delicious recipes.

- **HEAL HEART DISEASE.** Before the doctor says "bypass surgery," try this high-powered food cure first!

- **DIAL DOWN DIABETES.** Controlling blood sugar is so much easier when the foods you eat actually *lower* it. Let Master Hou show you how to drop your need for insulin or diabetes drugs...while dining on these satisfying selections.

- **DROP UP TO 20 POUNDS OR MORE** in the next two months! You may feel like you're actually eating *more*, because Master Hou's meal plan emphasizes foods that fill you up. But the fat will melt away day by day — and you'll lose an inch or two (or more) from your waist.

## Plus Master Hou's complete protocol for ending arthritis pain...

Whether you suffer from osteoarthritis, rheumatoid swelling or gout, Master Hou can help you reduce the joint pain, cut stress on your cartilage, block flare-ups before they happen. He'll even show you how to *drink away* pain and swelling with a secret Chinese herbal tonic. And you'll also get...

## Many more healing meal plans...

Starting on page 305, you'll find *fifteen* more menus to help you overcome many other threats, including cystitis, hepatitis, bronchitis, chronic stomach complaints, anemia and Alzheimer's disease!

## Cook with it for 60 days, risk-free!

There's no space to describe *all* the healing tools you'll find in this book. So let me invite you now to evaluate it for yourself, risk-free!

Just start using this miraculous book and I promise you'll *taste* the difference immediately, *feel* incredibly better, and *hear* a lot of compliments from your family. Or simply return it in 60 days and you'll get your money back (minus shipping and handling), with no questions asked. So what have you got to lose?

To get your copy of **Unleashing the Power of Food: Recipes to Heal By** call 1-888-821-3609 and ask for code 9006. Or write "Power of Food; Dept. HPF-9006H" on a plain piece of paper with your name, address, phone number (in case we have a question about your order) and a check for \$29.95 plus \$5.00 shipping and mail to:

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