

Matt Furey's

MASTERMIND™

THE DYNAMIC PATH TO HEALTH, WEALTH, AND WISDOM

FALL 2008

*The Power of a
Focused Mind*

**Website
Mistakes to
Avoid**

**Monthly
Paychecks
from Wall
Street**

**The Secret of
Great Writing**

**China: Best
Places to Travel**

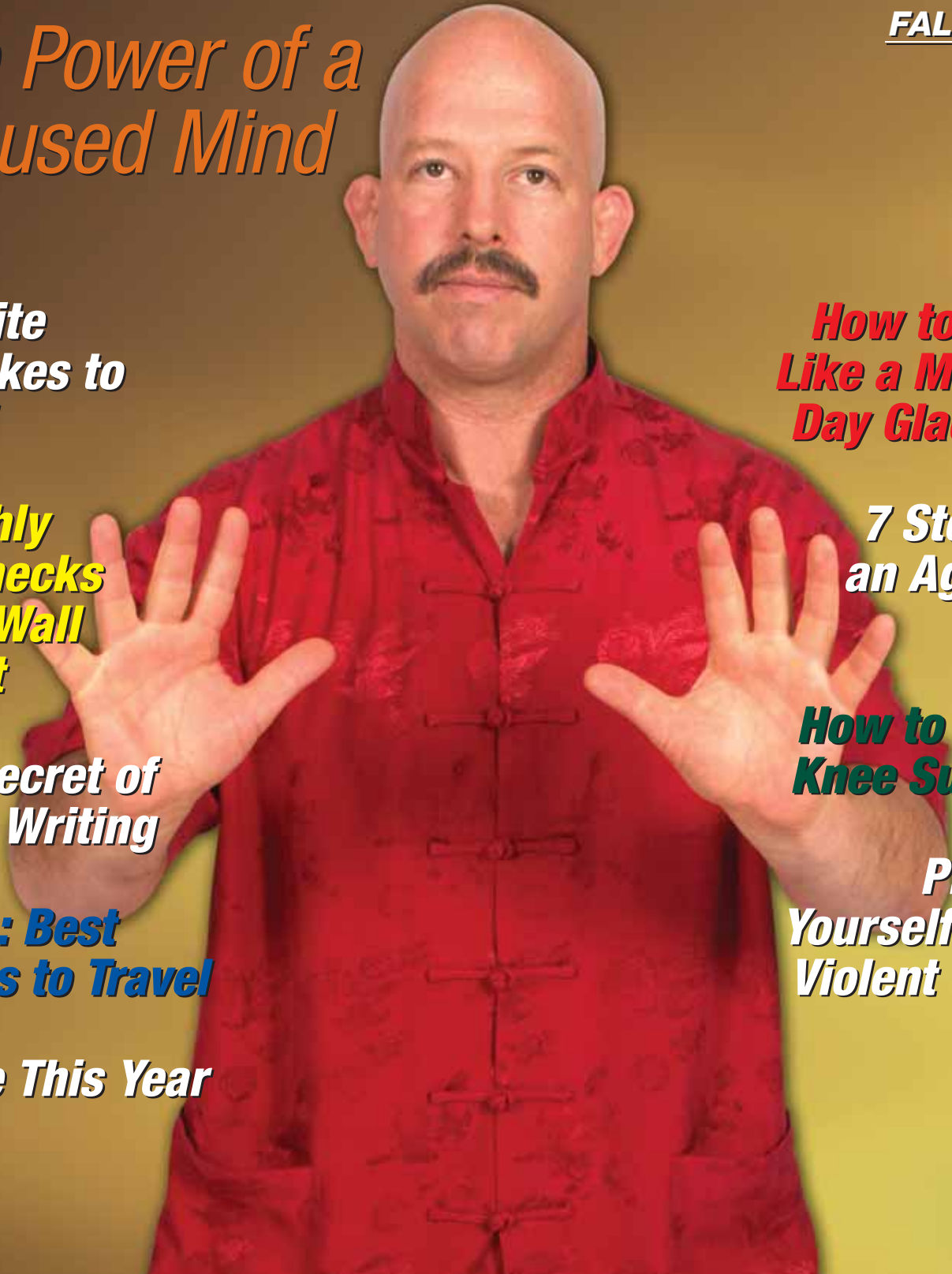
Retire This Year

**How to Train
Like a Modern
Day Gladiator**

**7 Steps to
an Ageless
Brain**

**How to Avoid
Knee Surgery**

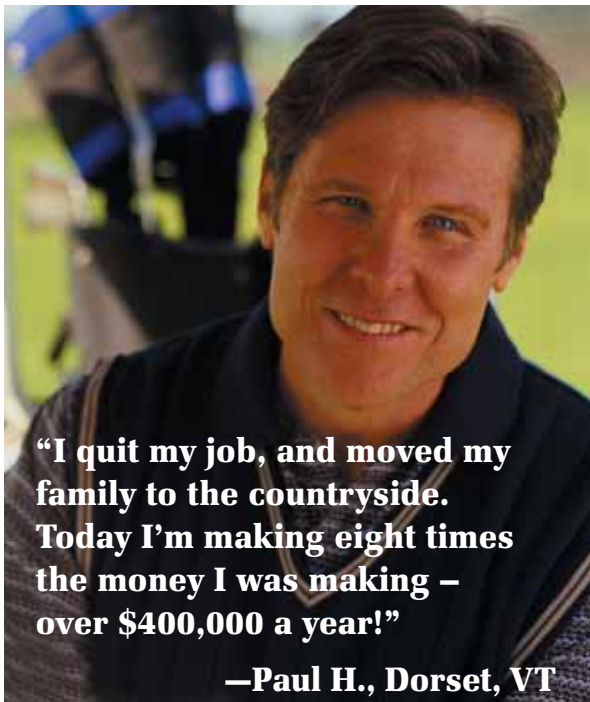
**Protect
Yourself From
Violent Crime**



Retire This Year!

...and Still Make More Money Than Most Doctors

You Can Do It – Once You Know the Proven Secrets to Writing Simple Letters for the \$2.3 Trillion Direct-Response Industry



“I quit my job, and moved my family to the countryside. Today I’m making eight times the money I was making – over \$400,000 a year!”

—Paul H., Dorset, VT

Few know it, but there’s a modest fortune to be made writing simple letters for the huge and ever-growing direct-response industry. You see these letters in your mailbox everyday. They do everything from persuade you to buy a product or service...to donate money to a needy charity. But it’s the Internet that’s fueling the huge demand for writers these days, as more and more direct marketers are finding eager, willing buyers online.

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of money from anywhere in the world. No more commutes...no more bosses! Best of all ***you don’t need to be a naturally gifted writer!*** All you need are very basic writing skills – and the “masters’ secrets” to writing a winning, persuasive sales letter.

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"I Gave Up Weight Training to follow a top secret 15-minutes per day routine of bodyweight exercises and...

I Got Into The Best Shape of My Life in Record Time... You Can, Too"

By Matt Furey

Best-selling author of *Combat Conditioning*

I was the total skeptic. Not only had I lifted weights and run long distance for years, but I had major success under my belt, including a world kung fu championship and a national collegiate wrestling title.

So I just didn't want to believe what Karl, a 76-year old man told me about exercising WITHOUT weights... and WITHOUT long-distance running.

Most importantly, I didn't want to hear that a good exercise program only took a few minutes. Hate to admit it, but I was addicted to the "hard work or nothing" mentality and refused to believe you could get into the best shape of your life by doing LESS... not more.

Let me tell you, when I looked at this so-called "old man's" physique and watched him demonstrate his exercises, I could not look the other way. I had to check them out for myself, even if it meant saying, "Okay, I've wasted a lot of time doing it the wrong way."

What I discovered shocked me from head to toe!

Before I met Karl I THOUGHT I was strong. I thought I was tough. But the exercises he gave me exploited every weakness that weights and running could not cover. In a matter of minutes, I knew Karl "had me."

So I gave up the weights and began a routine of body-weight calisthenics called *Combat Conditioning*. After all, when a man of 76 can do things that a 36-year old cannot do, that tells you that "Yes, there's gold in them there hills."

The exercises I learned had such a profound and dramatic effect on me, that for six years I have been introducing men and women of all ages and of all backgrounds to this extraordinary program – and the results are shocking, awe-inspiring and PROOF that this system works, and works FAST.

Who is Combat Conditioning for?

It's for the hard-working man or woman who often finds it difficult to squeeze in a quick workout.

It's for the traveling executive who sleeps in hotel rooms more than at home.

It's for those who have trained their whole lives on weights.

It's for athletes, martial artists and the military.

And .. **IT'S FOR** the man or woman who hasn't done a lick of exercise in decades.

Even One Minute a Day Brings Results!

Unlike other exercise program where you are told you MUST do 30 minutes of cardio per day and an hour of weights, to get results, *Combat Conditioning* is totally different. 15 minutes is all it takes to whoop the hard-core trainee. But for the total beginner, he or she can get results starting with ONLY one minute a day. And no, this is not a joke.

Time is not the issue!

Forget all those workouts that take all day. With *Combat Conditioning*, all that's required is your own body and a tiny "get started NOW" decision to DO a little

something each day.

The key to your success is in the magical, transformative power of these exercises – not in your belief system about hard work. For many people, just one rep is all they can do at first, and they're shaking like a leaf on a windy day in Chicago. And so, that's all that person should do at first. Even if you think you're not doing enough – the exercises work their magic anyway. Your body has it's own intelligence and will work FOR YOU if you'll simply get out of the way and let it.

When you do, pretty soon you'll be the type of person who can do 2, 4, 8, 16, 32, 64 or 128 repetitions and feel no fatigue. Instead of tiredness you'll feel exhilaration and ENERGY. You're building strength and endurance from the INSIDE-OUT. And believe me, once you can do more than a few reps, inches of unsightly fat and pounds of excess flab will fly off your body at break-neck speed.

New Results from Forgotten Exercises

Are the exercises in *Combat Conditioning* NEW? Well, not really. They go back about 5,000 years – but for the most part, they got lost in the shuffle when weights, gadgets and gyms came around. So although they aren't NEW, they're "New to YOU!"

Before I learned these exercises, I read about the Great Gama of India, a wrestler who followed this program and was unbeaten in 5,000 matches. I also read that the legendary Bruce Lee did these exercises, too. And we all know about Lee's incredible martial arts skills. Then there was the All-Pro NFL running back, Hershell Walker, who did bodyweight exercises each day. The list goes on and on. The key is in having a proven program with a track record, and *Combat Conditioning* is just that.

Puts You into the Old Clothes You Dream of Wearing Again!

The main reason why *Combat Conditioning* works is because it targets all the weak links in your body. And when all those weak links are given a little attention, your entire body gets stronger, faster, more powerful and more energetic. Spend time each day doing a few functional exercises and the payoff is HUGE.

You get functional strength, endurance and flexibility – all at the same time. Not to mention seeing the excess inches flying off your body, making it easy for you to fit into the clothes you dream of wearing again. Stop dreaming. Start DOING. And get results.

12 Ways Combat Conditioning Will Change Your Life!

Follow this program and your body is going to change big time. In fact, I've made a list of 12 of the most powerful benefits that hundreds of thousands of others all over the world have gotten from the *Combat Conditioning* program. Let's take a look:

1. Cranks up your metabolism so you burn excess body fat a lot, lot faster. This means

fitting into the clothes you WANT to wear.

2. Packs attractive and healthy functional muscles (not grotesque) onto your entire body
3. Simultaneously doubles your strength and flexibility – and does so without needing separate workouts for each.
4. Quadruples your endurance inside of 30 days. Never get tired again.
5. Within a couple weeks, it often eliminates chronic back and shoulder pain from years of heavy squats, deadlifts and bench pressing – or other forms of abuse.
6. Sleep like a log. Eight hours of deep sleep is no longer a goal. It's automatic. As soon as you hit the rack you're out like a light.
7. Your self-confidence will have no bounds. Especially when you get compliments from people who hardly paid attention to you before.
8. You can train anywhere. You don't need more than a few square feet of carpet or pavement and you're all set. You don't need equipment. Just your own bodyweight.
9. You get a kick-butt workout done in 15 minutes or less.
10. You'll turn back the clock. Friends may tell you that you look 5–10 years younger.
11. You'll have an explosive type of strength that weights cannot give you. Your every movement will be lively and full of vigor.
12. Your muscles will be pliable and powerful, like a tiger's.

Here's How to Order

Combat Conditioning: Functional Exercises for Fitness has 48 super effective bodyweight exercises along with seven different programs that will get you into kick-butt shape fast. Order NOW and you'll receive 3 free Special Reports on how to eliminate knee, back and shoulder pain. Your total investment in this no-nonsense book is only \$29.95 plus \$6 S&H U.S. (foreign orders add \$12). Order online at www.mattfurey.com.

Or pick up the phone right now and call 1 813 994 8267 to order. You can also send a money order to Matt Furey Enterprises, Inc., 10339 Birdwatch Drive, Tampa, FL, 33647.

Yes, Please Send Me *Combat Conditioning: Functional Exercises for Fitness* for only \$29.95 plus \$6 S&H (\$12 foreign S&H), and if I'm one of the first 25 to order, I will also receive 3 Special Reports on eliminating knee, back and shoulder pain.

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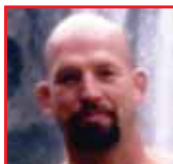
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Matt Furey

won a national collegiate wrestling title in 1985 and a world shuai-chiao kung fu championship in 1997. Furey has a knack for taking the average and ordinary person and transforming him with his powerful programs. Furey was inducted into the Edinboro University Athletic Hall of Fame in 1998 and spends much time each year traveling throughout the world, searching for the very

best information available to his world-wide audience. His website, www.mattfurey.com, is one of the finest in the world, giving valuable information that changes lives.

Matt Furey's

MASTERMIND

COVER STORY



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World shuai-jiao kung-fu champion Matt Furey has built an empire of positive energy based on helping people to achieve their dreams by teaching them how to focus their minds on what matters most. story and photos by Todd Hester

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"Gets You Fit As a Middle Linebacker!"

Introducing Linebacker Fitness™: The Ultimate Fat Burning Exercise Used by NFL Linebackers, NBA stars and the Super-Fit... Easy to Learn and 10 Minutes a Day Beats 30 Minutes of Running

Dear Friend,

You work too many hours, you spend too much time sitting in the office, in your car, and in front of your television and computer. You're paying a heavy price. **Does this sound familiar? Fat sneaks up on you like a thief in the dark and starts making stealthy deposits.** At first, you don't even notice. Your collar starts getting a little tight. You let the belt out a loop...then two loops, and pretty soon what was once flat and strong... is now wobbly and wrong. You want to workout; you tell yourself **you have to get back to the gym, you have to start running again, you have to start watching what you eat...** you know the drill. If it all sounds familiar... it's because I've been there too, and I was a world class athlete. Yeah... it happens to us too.

Who am I?

My name is Vince Palko, and I played football for 15 years, amassing 8 championship rings along the way. **I was nominated for the Dick Butkus Award, one of the highest honors in college football. I was inducted into the Hall of Fame in my high school, and college.** I played pro football several years in Europe. But there was a time when let it slide.

How I Went From Fat To Fit In Record Time

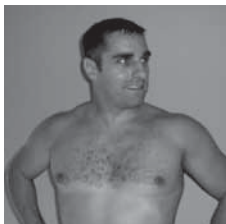
2 jobs, 3 kids, and too much of a good thing, (pasta, pizza, and malt beverages), took its toll on me. A few years ago I was cleaning out a room in the basement, and I found my old jump rope. **I had used it religiously for over 15 years to stay in world class shape, and when I stopped playing, I stopped skipping.** For some inexplicable reason I stopped doing what got me to the top, what gave me an edge at each and every level I played at. Lots of guys laughed at me over the years; they made fun of what I was doing, calling it a sissy workout, a workout for little girls. Here's the real story. I never missed a game in over 15 years. I didn't get hurt.

The Amazing Linebacker Fitness Course

When the whistle blew I was on the field and nobody I ever tackled called me a "sissy." In fact, there are a lot of guys walking around that will tell you that they never, ever, wanted to get hit by me again. I had an epiphany right then and there. I stopped cleaning, and headed for the driveway. I started twirling, and four minutes later I was completely gassed. I was completely out of breath, and my arms and legs were fried. **It didn't even take a full 10 minutes for me to start sweating like a fat man at a free dance.** A couple of weeks later I had lost almost 20 pounds. My abs were starting to show real definition again and my pants didn't fit. What worked for me for 15 straight years was taking me right back to where I was only a couple of seasons ago... a world class athlete.

I Was Turning Back The Clock. 6 weeks in and I had an extra spring in my step. I was bounding up and down stairs like a young kid again. I was coming out of a chair like a leopard bounding out of the bush. **In only 10 minutes a day you can absolutely melt fat while packing on fat burning muscle.** Plus, here are a few more highlights it has:

- 1) You don't have to leave your house to workout
- 2) You won't get injured lifting weight
- 3) You'll activate your body's supply of HGH
- 4) Your bodies immune system will get much stronger
- 5) Your sex life will improve
- 6) You'll sleep like a brick
- 7) You'll be extremely flexible, and powerful



2-Time Football Hall of Fame Linebacker & Butkus Nominee, Vince Palko at 36.

Here's proof it works..

"I've been incorporating jump rope routines into my client's workouts for years but this program totally blew me away. I never imagined there could be so many different ways to work with a rope. I've found very few exercises that can build anaerobic power and metabolic endurance like jumping rope. If you're serious about transforming your body you need to get this program. The exercise manual and wall chart have been great tools in helping to provide instruction and accountability for my clients. I'm all about results when it comes to the personal training in my studios. My name and professional credibility depend on it. I loved the program so much I'll be introducing Linebacker Fitness to all my trainers and clients."

Shane Doll, CSCS, CPT
Founder, Shaping Concepts
Fitness Training Studios



Shane Doll on the cover of PFP

Your Age Does Not Matter

"Before Linebacker Fitness I weighed 194 lbs -- 37" of waist. After: LBF: 177 lbs -- waist 34" I'm going to be 60 years "young" in April. I'm healthy, fit and my energy level is pretty high and folks, please believe me when I say that skipping rope is much easier than it looks and infinitely more forgiving on your tendons than middle to long distance running. Thanks Vince!"

Henrique Nolasco
Macau, Macau

Let me take a minute to outline the program. In Linebacker Fitness you'll receive a complete DVD and manual to follow along with me and learn quickly and easily. I'm going to offer this course at a regular price of \$229.00. But I'm making a special offer to all those with a linebacker mentality. Those who shoot the gap NOW get a "Sack the Quarterback Special" price of \$129.00, which includes 5 first rate bonuses.

FIVE FREE BONUS - FOR ACTING NOW!

- Bonus #1** I'm throwing in a Workout called Advanced Jump Rope Exercises.
Bonus #2 When you order early you're going to receive a super, high quality, FREE Linebacker Fitness Speed Jump Rope. **Bonus #3** You'll also receive a FREE Linebacker Fitness: A1 Exercise Workout, workbook. This manual will come complete with photos of the proper way to perform the exercises. **Bonus #4** Plus, you'll also receive a 8 FREE Linebacker Fitness Workout Starter Cards. Already created for you, this 8.5" x 5.5" card deck is a great interval workout guide that will shave unwanted pounds fast. **Bonus #5** Last but not least, I'm tossing in a FREE Linebacker Success Charts where you can track your weight loss progress as well as your workouts. **Remember, this low, low investment of \$129.00 is for the DOERS who want to get started right away.** I guarantee you I'll raise the price very soon to \$229.00, so don't delay.

Best,

Vince Palko

Vince Palko

YES, PLEASE SEND ME Linebacker Fitness - DVD and Manual Set only \$129.00 plus \$13 S&H (\$20 foreign S&H), and if I'm one of the first 20 to order, I will also receive the 5 Amazing Bonuses absolutely FREE.

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Publisher's Message

By Matt Furey

Be the MasterMind of Your Own Fate

If you watched Michael Phelps sensational and surreal come-from-behind finish in the 100 meter butterfly in the Olympic games, you saw living proof of why you never want to count yourself out. Phelps was in seventh place at the end of 50 meters; seventh out of eight.

As I watched I told my son, "He's going to get the bronze. Wait, maybe the silver. Wait, oh my goodness, he may pull this out yet. Oh, my God! He just won!" He WON. Wow. Milorad Cavic, who was leading let up at the last second and glided in for the touch. Phelps swam his way to the touch and this made the difference between gold and silver.

Think of this, my friends. How often do we glide to the finish when one final burst would do us much more good. How often do we count ourselves out because we're not in the lead to begin with. How often do we think "It cannot be done" simply because the road looks difficult. Banish these thoughts and GO.

Put all the might from your body, mind and spirit into your endeavors and you can never be defeated. You may not come in first but you will have given everything you have in pursuit of what you want; and that is the most anyone can realistically ever ask of you. Yet, so few people ever give their ALL to anything. EVER. They're half-committed with links made from torn thread. The key is total commitment to your goal.

It is a connection of mind and body beyond the norm. Your links are sealed. There's no escape from what you said you would do. You cannot do anything but go with the force and give your ALL. That's what happens when you have a goal programmed into your mind; a goal you think about each day; a goal you fertilize with the energy of your own breath; a goal that is brought to reality by the combined power of word and deed.

Watch the gold medal winners in the Olympics and you'll find clues galore on how you can apply their dedication and focus to any endeavor in life and come out a winner.

The message behind MasterMind is just that – you CAN come out on top in your financial, physical, and mental battles and become the person you want to be – the person you know you can be. This includes not only financial independence but also spiritual balance and physical health.

In each issue of MasterMind you'll be presented with strategies and blueprints from best-selling authors, millionaire entrepreneurs, and spiritual masters who will guide you on your journey to achieving your dreams. As they all will tell you, the most important part of getting where you want to be is the doing. All of these people were once like you and were stuck in an endless loop of mediocrity with seemingly no way out. They were at the whim and beck and call of abusive bosses, heartless corporations, and governmental economic whims.

But they used the same strategies that will be presented in each issue of MasterMind. By following their own advice, they made a fortune for themselves, and had more time to spend with their families, more ways to help others, more ways to make the world a better place. By becoming MasterMinds of their own destinies, they not only changed their lives but the lives of those around them. Welcome to the transformation of your life.

To find out more about Matt Furey and his mental and physical training products to enable you to achieve success in any area of your life visit www.mattfurey.com.

Matt Furey's

MASTERMIND

THE DYNAMIC PATH TO HEALTH, WEALTH, AND WISDOM

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Published by Gold Medal Publications
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Tampa, FL 33647
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www.mattfurey.com



Dr. Bill Stillwell

Stay 1,000 miles away from the Operating Room—

WARNING: Don't Even Think About Knee Surgery Until You Read This!

Master Orthopaedic Surgeon who helped 90% of his patients avoid surgery reveals "Insider Secrets" that will eliminate your pain and help you get your life back...

Dear Friend,

If you have knee pain and are afraid of the possibility of surgery, then this may be the most welcome news you have ever read. When you've got a knee injury, the last thing on earth you want is **surgery. And this is totally understandable.**

Hi. I'm **Dr. Bill Stillwell**, a renowned orthopaedic surgeon, with outstanding academic credentials and a wealth of clinical experience with knee problems, just like yours.

Most likely, you've heard the horror stories about knee surgery. And you don't want the next story to be about **you**. I can relate. So, you put off going to the doctor, hoping that it'll just go away... But the chances are excellent that your knee may be getting worse. You may have tried the internet for the best course of action, but there's so much conflicting advice that you just don't know who you can believe and trust. You ask your friends, but everyone has a different opinion, even if unqualified to render one. So what can you do? Who can you trust? Who can **really** help you?

The Hip & Knee Specialist Who Helped 90% of His Patients AVOID Surgery

I am a board certified, fellowship trained, master orthopaedic surgeon, a Fellow of multiple professional societies, and a published author and illustrator of textbooks and scientific articles. I taught and lectured extensively, both here and internationally.

For nearly a quarter century, I was **THE Hip & Knee Specialist** on Long Island, Chairman of Orthopaedic Surgery at St. Catherine of Siena Medical Center, Associate Professor at SUNY, Stony Brook and Instructor, College of Physicians & Surgeons of Columbia University.

And although I was known for truly excellent surgical technique, I was also known for operating on less than ten per cent of the patients referred to me. That means I was able to treat more than 90% of my referrals with conservative measures, that avoided surgery.

Why would I do that? Because I believed that the very **best surgeons avoid operating**, unless it's absolutely necessary. Up to 90% of cases, where surgery is recommended, may be **unnecessary**, so you should try all the other **scientifically proven options**, first.

I was a knee surgery patient, myself. I know what you're going through, first hand. And I know what can be done to relieve your pain, **without surgery. I treated myself with the same proven methods that I teach**— and these have **worked** for me and thousands of my patients.

Who better than a surgeon AND patient to reveal all the insider secrets of avoiding knee surgery?

In my new layman's guide, **HOW TO AVOID KNEE SURGERY**, I reveal all the non-surgical secrets, from across the entire spectrum of treatments: conventional, alternative and complementary. In this guide, you'll find a method that **works for you**, that will relieve your pain and restore your function... **without "going under the knife."**

These are a few of the many thousands of patients I've treated...

Case History #1: The Soccer Mom

A 38 year old mother had intractable knee pain. She and her doctor believed she'd need surgery. But with my **integrated approach**, she got complete relief... **without surgery.**

Case History #2: The CEO

A 64 year old CEO, was told he needed a knee replacement...and he really **did**. But he had no time to spare and was terrified of surgery. With my combination of mainstream and alternative techniques, I was able to buy him **nearly a decade... without surgery.**

Case History #3: The Navy Seal/Superbowl Champion

A former Navy Seal, pro linebacker and Superbowl champion, was my patient and he trusted me with his son, who had a painful knee. With my regimen, from **HOW TO AVOID KNEE SURGERY**, he was back in action in just a few weeks and, you guessed it... **without surgery.**

The results of these cases are **typical** of what I expect and you can expect them, too, provided it's not an emergency situation.

Even If You Don't Need Surgery, You DO need Treatment...

Now, you might think, "if I just ignore it, I'll be fine." That is probably **not** the case. In fact, you're more likely to have **continued pain**, because you've **ignored** your problem.

The odds of you getting better, without following the advice I teach in **HOW TO AVOID KNEE SURGERY**, is practically nil. If you don't follow one of my healing programs, then **by default, you'll likely end up on a surgeon's table.** This is powerful, life-changing information. Get your copy of **HOW TO AVOID KNEE SURGERY NOW!**

What People are Saying...

If you're looking for advice on how to get rid of knee pain... permanently; if you're looking for expert advice — you cannot find a finer source of knowledge than Dr. Stillwell. To say "he knows his stuff" would be an insult. The good doctor literally wrote the book on what to do. Get his program and experience the benefits.

Matt Furey
author of **Combat Conditioning**
www.mattfurey.com

*A book that actually reveals "the cure?" That's exactly what happened in **How to Avoid Knee Surgery**. I had a board certified orthopaedic surgeon who said I needed surgery! When I read Dr. Stillwell's book, he explained it so that you don't have to be a physician to understand it. He addresses every possible type of knee pain, AND he has a very specific approach on how to get rid of each... getting this book is a "no-brainer."*

Dr. Trevor Neal, MD
www.RenegadeDoctor.com

Before meeting Dr. Bill, I had lingering knee pain from squats... every time I tried working out, after a break, it would return. Luckily, I met Dr. Bill and he gave me a very unusual exercise. It's been over 3 months and my knee feels great... This doctor definitely knows his stuff.

Nate Rifkin
www.NateRifkin.com

*I trusted Dr. Bill multiple times — to operate on my father, and to operate on my **own** knee, several times...A surgeon with decades of experience, with a quality so important in a surgeon—instilling confidence in patients... caring for them as people.*

Max J Hamburger, MD
President, American Society of Clinical Rheumatologists
Assistant Professor of Clinical Medicine, SUNY Stony Brook, NY

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HOW TO AVOID SURGERY is the only book of its kind. I've **shattered the "white wall of secrecy"** and revealed what very few physicians and surgeons know: the **distilled experience and wisdom** of many thousands of patient contacts — everything you need to **stop your pain, heal your knee and stay out of the Operating Room.**

SECRETS YOUR DOCTOR WON'T TELL YOU:

- The number one thing you can do to insure you can avoid knee surgery...
- Five failproof tips to get your doctor to treat you like a V.I.P.
- Amazingly simple changes in your daily activities to relieve your knee pain and help you get your life back.
- Use Nature's secret ingredients to heal your knees—without surgery.
- 4 major things you should NEVER do, to stay pain-free and out of the O.R.
- Save a fortune, with "Drug Store Cures" you can buy for pennies.
- The "dark side" of prescription drugs, which you should avoid at all costs.
- 3 simple tools that anyone can use to avoid knee surgery.
- A secret veterinarians know that can halve your healing time.

http://drbillsclic.com/avoid_knee_surgery.html

- Do magnets really help? Scientific studies reveal the amazing answer...
- The best secret "cure" for knee pain that you've never heard of.
- The barnyard bird "cure" for arthritis pain—And it's NOT chicken cartilage...
- Exercises you should NEVER do when you have knee pain.

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Think you can't afford this program? You can't afford **NOT** to have it! Think about all the **expenses** of knee surgery, which can range from \$10,000.00 up to \$30,000.00 or more— the costs are staggering. What about your time off work? And the months of postop rehabilitation? What's **your** time worth to you?

What About Surgical Complications or Errors?

What about surgical complications, medical errors, or persistent pain? If it's really necessary to have surgery, you **have** to run these risks. But if it **isn't** absolutely necessary, avoid all this with **HOW TO AVOID KNEE SURGERY.**

Don't keep suffering with knee pain one minute longer. Get rid of that pain **FAST**, with my scientifically tested, clinically proven, **evidence-based insider secrets** for avoiding knee surgery and **keep out of the operating room.** Don't delay — Get **HOW TO AVOID KNEE SURGERY** right now, put an **end** to your knee pain, and be more functional than you've been in years... **without surgery.**

Truth is, I have this course so reasonably priced my accountant thinks I've gone mad: a ridiculously low **\$97 plus S&H for the manual and \$49.97 plus S&H for the CD.**

That's less than the cost of a daily cup of designer coffee for a month. But **only for the first 199 people!** Be one, **order NOW and live FREE of pain and surgery.**

Yours for a pain-free tomorrow,

Dr. Bill

P.S. Included, at no extra charge, the **Special Report: HOW TO ELIMINATE HIP PAIN**, when you order NOW!

P.S.S. With any order, get a **FREE BONUS CD: THE HEALING POWER OF POSITIVE PAIN PERCEPTION.**



Dr. Bill, I want to avoid knee surgery if I can! Send me your HOW TO AVOID KNEE SURGERY asap. As added FREE BONUSES I will also get a copy of the Special Report: HOW TO ELIMINATE HIP PAIN and the CD The Healing Power of Positive Pain Perception. I understand that my credit card will be charged only \$97, plus \$15 S/H (\$36 international).

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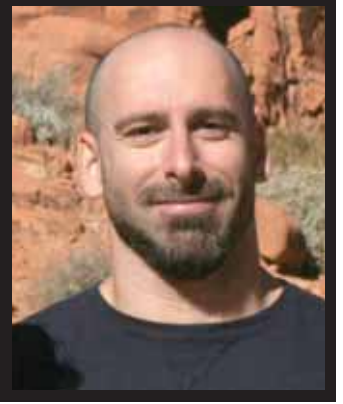
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A Tangled Web

Alice in Website Wonderland

by Eddie Baran



Avoiding these common mistakes will keep your dream website project from turning into a total nightmare!

Years ago, in my former life as a Silicon Valley corporate drone, I was working as a web developer for a big multinational company. As all huge corporations go, this one was a big believer in wasting money. One of the biggest wastes of money in any big company is the Human Resources division. These are the people who decide who is most qualified for a computer job when they can barely turn on their own computers themselves. So they make up all sorts of rules and protocols to justify their paychecks when in fact these rules are only detrimental to the hiring of people; not to mention a huge waste of money.

Too Much for Too Few

Anyway, the head of Human Resources for the software division, let's call her Alice, apparently felt they weren't wasting enough money just by their very existence. So she further justified her job by wasting even more money. She decided to hire the most expensive web design company in town to redo the company's human resources website.

Take into account that this site would only be seen by about 150 people in the division. Not by anyone else in the corporation, mind you, just by the 150 in the division. Actually, there were only about 10-20 people who visited that website, mostly HR folks. I know this because I ran the web statistics on the site.

This expensive web design company created a magnificently horrific site, complete with all the unnecessary bells

and whistles, all which appealed to Alice's already over-inflated ego (and the egos of the web designers). Ninety-nine percent of the site was a complete waste of space. The end price tag for this travesty was a whopping \$30,000 (\$40,000 in today's money) to create a site based on ego and ignorance.

Money Down the Drain

At the time, Alice was having an imaginary competition with another HR manager in the corporation and wanted to show who had the better website. I say "imaginary" because she created this competition in her own head. I mean, how do you compete with another HR manager? Funny thing was that the other manager couldn't care less about Alice or her silly website.

Well, since Alice just spent \$30K on a site, I guess she won. She won the award for stupidest waste of money in a corporation; which no easy task to achieve so this is saying a lot. Also by spending tens of thousands of dollars on a website, she proved to the VPs that her division was indeed important: "See, look how much I spent. I MUST be doing something right!"

Taken for a Ride

Another tragedy about this debacle was that Alice got taken for a ride by these fancy web designers. They told her she needed to get this bell and that whistle so she bought into it thinking it was necessary. Talk about a sucker. Her web developer was like a car salesman snookering her into buying a backseat cappuccino maker when she didn't drink coffee.

Incompetence Rewarded

The really bizarre thing was, and this shows just how stupid corporate thinking is, the VP of Accounting actually promoted Alice for spending this amount on a website! To him it showed that she was

using company resources in a positive way. In the real world, where you and I live, this would never hold water. Here are the lessons we can learn from Alice's wondrous website mistakes.

Lessons Learned

1) Get Your Ego Out Of The Way.

Build a website that is functional and that makes money. Don't let ego (yours or your designer's) get in the way of having a smart, money-making site. Don't allow them to create a website that gratifies their ego or yours. It should only gratify your bank account. Don't waste money on sites that cannot possibly make you money. Your website is not a tribute to you or your web designer. Its only function is to make money and it won't be able to do this if anyone's ego gets involved.

2) Become Web Savvy.

Educate yourself on internet marketing and website design. You don't need to know how to build a money-making website but you need to know the critical elements of one. This way you can tell unscrupulous web designers where to go when they try to pad the bill by adding unnecessary and detrimental elements (or leaving out critical ones). You'll know exactly what your website should have and should not have in order for it to make lots of money.

Do The Right Thing

Know the ins and outs of Internet marketing so you don't get suckered by a web designer, or your own ego, to create something that's a homage of futility to you or the designer. If you simply follow these two rules you will be far ahead of the game and won't make the same stupid mistakes that Alice did.

For more information on website design contact Eddie Baran at eddie@eddiebaran.com.

Living by Design

by Stephen Hultquist

Are you living life by chance or by design? Living by design takes a few simple but neglected steps including purpose, discipline, and one other...



In order to take the first steps towards living by design, you first need to create a purpose for yourself. Find the “why” for you. When you keep the “why” before you, decisions become straightforward. Zig Ziglar, in his great audio program called “Goals,” gives us two questions to ask as we make choices: 1) Is it morally right and fair to everyone involved? 2) Does it get me closer to or further from my primary objective? With a clear, created purpose and these questions, life becomes clear and you will know the direction you are moving. It’s up to you to find and achieve your best and highest calling. Will you do it?

Strengthening Discipline and Will Power

Thanks to the “me” focus of our culture for the past several generations, we have lost sight of the need for, and the benefit of, discipline and will power. Instead of denying themselves in the present in order to achieve a future benefit, most people want to receive the benefit today and then be rewarded the benefit tomorrow! Credit problems, government programs, and the constant drone of the “blame game” all reflect the idea that there should be no consequences for taking the easy and enjoyable patch today. However, life

“The overriding law of nature is that of cause and effect: the consequences of your life are ultimately determined by what you have done and how you have done it.”

—Stephen Hultquist

doesn't work that way. The overriding law of nature is that of cause and effect: the consequences of your life are ultimately determined by what you have done and how you have done it.

So here is the ultimate question for you: Are you willing to invest now in order to receive a return later? What you do and the way you do it will ultimately determine the path of your life. Jim Rohn often says, “We can choose the pain we experience, the pain of discipline or the pain of regret.”

It takes will power to deny yourself, but with a purpose, it's easier. If you know you are going to weigh a certain amount, it's easy to turn down that dessert. If you know where you are going, choosing the turns to get you there is actually pretty easy.

Managing Time

For many years “time management” has been a staple of business management seminar speakers and personal development books. The problem, of course, is that you can't really manage time. Time just moves forward. Moments turn into minutes. Minutes turn into hours. Then days, weeks, months, years. There's nothing any of us can do to “manage” time. Everyone has the same amount: 24 hours in every day. You can't buy time, save time, or make time. Time keeps on slippin' into the future.

So if you can't manage time, you need to learn how to manage and improve what is happening with your

time. This is simple but challenging: You have to learn to manage yourself. It is self management. It is discovering in your very soul that each moment passing is a moment that will never pass again. How you are spending it and all of the other moments of your days, months, and years will determine the path and results of your life. You will discover that how you live each moment makes a difference in what ultimately happens in your life.

“While we don't know how many moments are left to us, what we all know is that there are only so many. You can't recover one that is gone. You can't buy or find more. So they are valuable, precious and of infinite worth.”

—Stephen Hultquist

Remember those goals for the next year that you have written out? How present are they for you right now? Have you thought about them today? If not, why not? Take a moment now and focus on them.

Aligning Goals and Life

Keeping them present for yourself will help you to adjust your days and your use of time to align with accomplishing what's important to you. That's one reason that you write them down and a good reason to review them once in a while. I review my goals daily, and keep them really active in my mind so

I can use them as I make decisions throughout my day. The more active you are in engaging your goals with your life, the more real they become to you. And the more real they become.

There is nothing as sad as human beings who have left their destiny to chance. Those who think that life is something that happens to them rather than something they design are sad shadows of what they are made to be. You see, you design your life by deciding how you'll use it every moment of every day. Each moment is the most precious gift that you have. So how do you spend them? How will you spend the moments that stretch out before you? How many do you have?

No Mortal Knows

While we don't know how many moments are left to us, what we all

know is that there are only so many. You can't recover one that is gone. You can't buy or find more. So they are valuable, precious and of infinite worth. But they're free. Because of that we treat them as though they are worthless, but nothing could be farther from the truth. So, starting right now, live your life with focus. Know where you're going and why you're going there. Manage yourself and move towards your vision. Let's go!

Stephen Hultquist guides others in living by design. He is an expert in business, technology, and making life work. For more information go to www.stephenhultquist.com.



by Dr. Bill Stillwell

Preventive Strategies for Avoiding Future Surgery

Few things are sadder than seeing an older, formerly great athlete moving slowly in halting pain as the body pays the price for years of punishment in training and competition.

Stiff, sore muscles, aching arthritic joints and degenerative spinal disease are just some of the problems that emerge with time. In some cases, joint replacement, ligament reconstruction, tendon repair, or other surgeries, may be needed to control the disabling pain and restore function. Is this picture inevitable? Are there any preventative measures that we can take earlier in life to avoid surgery in our later years?

Understanding the Body

To answer those questions, we need to understand what physiological changes have occurred over time and why they happen. Broadly speaking, the aches and pains that result from early aggressive training can be summarized as arthritic changes of the joints and spine, chronic tendonitis, chronic sprains and various instabilities.

Arthritis refers to degenerative changes in the cartilage of the joints, most often weight-bearing joints of the lower extremities including hips, knees and ankles. But because arthritis is really a biochemical abnormality, as opposed to the overly simplistic concept of “wear and tear,” it can also occur in any joint such as the shoulders, elbows, wrists, even the base of the thumb. Although there seems to be a genetic component to developing arthritis (if your grandparents and parents got arthritis, you are more likely to), there is also a functional component related to the nature and intensity of the stresses applied to the joints over time.

Repetitive Joint Impacts

Repetitive impacts and repetitive overloading of the joints and spine tend to result in early degeneration of these joints, with subsequent pain. It's not

uncommon to see weightlifters and bodybuilders with chronic back and joint pains from years of pushing their bodies to the limit with excessively heavy weights. Once you get beyond 40, this is the rule rather than the exception. Gymnasts, especially females, who are competitive while still very young and prepubertal, are commonly found to have developed spinal degeneration in later life from all the extreme back bends and training injuries.

The other tissues around the joints are also affected by repetitive overloading and overstressing. The soft tissues lose their elasticity and tensile strength with age, which makes them more prone to chronic injury. Ligaments become more prone to degenerative changes, inflammation and tears (sprains), with resultant joint instability. Similar problems affect the tendons, which likewise become less elastic and

more prone to strains and ruptures in response to sudden overloads or repetitive stresses.

Avoid Repetitive Impact Activities

Avoid repetitive impact activities like long distance running. It's true that if your joint cartilage is normal running will not CAUSE arthritic change. But if there is any degenerative change the repeated shock to the cartilage in the weight bearing joints (hips, knees, ankles, and feet) will accelerate the arthritic process. Since there's no way to know, before the fact, whether or not you have any degeneration it's best to avoid long distance running if possible. In addition, as you enter middle age, running is very punishing to your sacroiliac joints and your spine. Instead, try hill Sprints, which are superior for weight loss, cardiovascular fitness and impart far less impact to the joints.

Eliminate Excess Body Fat

This is easier said than done, I know. But for every pound you lose, you reduce the stresses across the weight bearing joints by 3-4 pounds because of the additional forces generated by the surrounding muscles and leverage points. This is increased to 7-10 times your body weight when running or climbing stairs. Note that I said "body fat," not just "weight." Muscle has weight, but it is also functional, serving to support as well as move the joints and absorb shocks.

Avoid Free Weight Exercises

To be more exact, avoid "excessively heavy" free weight isolation exercises. Instead try functional, integrated bodyweight exercises as found in Matt

Furey's "**Combat Conditioning.**" If you want to use light weights, fine. But don't overdo it with heavy weights which overstress the joints, ligaments and tendons, and predispose you to injuries, both acute and chronic. You can get away with a lot in youth when your recuperative powers are at their peak. But as you age, especially after 40, you are less flexible, less resilient and your tissues are stiffer and more easily injured.

Develop Flexibility

This should be done with gentle stretching exercises. Matt Furey's "**Combat Stretching**" or similar programs assumes ever greater importance with increasing age. Get adequate rest and recuperation after exercise and injuries. Remember that exercise merely creates the stimulus for muscle growth and increased strength. The enhancement actually occurs during the resting phase. Likewise, injuries require rest to heal.

Follow an Anti-Inflammatory Diet

In addition to dietary measures take anti-inflammatory supplements with lots of free radical scavengers like vitamin C, vitamin E and tocotrienols, alpha lipoic acid, pycnogenol, glutathione, and beta carotene. Avoid red meat to reduce body stores of arachadonic acid, a precursor of inflammatory chemicals like prostaglandins, which increase pain.

HGH Enhancement

Consider enhancement of your own internal Growth Hormone Release, by use of supplemental oral Arginine and/or Ornithine, or transdermal hGH releasing hormone analog. Actual hGH injection is controversial. It may reverse aging, increase strength and enhance

tissue healing, but may also increase a potential risk of cancer. Endogenous hGH enhancement merely returns your GH release to the level of your teens, within physiological parameters, so it is safe, but effective in enhancing healing and rapid recovery, from exercise or injury.

Early Diagnosis and Treatment

In case of injury get early evaluation by a physician or other health care practitioner. Prompt accurate diagnosis and treatment can prevent a minor injury from evolving into a major problem that requires surgery. But if an injury really requires arthroscopic surgery, do it early to avoid a much more extensive open surgery later.

Age-Related Injuries Can Be Defeated

Not only do injuries associated with aging and oversteering cause pain and variable degrees of disability, but their treatment and healing require ever more time with advancing age. So the problem is real and widely seen in the middle-aged population. But the fact is, it need not be this way. These changes are NOT inevitable. These strategies, when implemented correctly and consistently, can prevent or retard the degeneration of the musculoskeletal tissues and help you avoid future surgery.

*Dr. Bill is William Thomas Stillwell, MD, an orthopaedic specialist who is president of Dr. Bill's Clinic, Inc. and author of **HOW TO AVOID KNEE SURGERY**. For more information visit http://drbillsclinic.com/avoid_knee_surgery*

“Easy-to-Learn Deep Breathing Exercises Blowtorch Excess Fat From Your Waistline In Record Time – Make Abdominal Crunches Obsolete”

A few minutes per day gives you a set of rock solid abs

Dear Friend,

Two years ago I wrote about how I became a convert to Matt Furey's *Combat Conditioning* routine. If you saw the article you'll recall how, at first, I was the total skeptic. Because of my elite background, I believed there was just no way a system of bodyweight calisthenics could be better than weight training. But, once I gave the exercise program a try, I found it was the perfect fitness system.

Anyway, nearly a year after *Combat Conditioning* became the best-seller that it is – Furey released another book. This one he called *Combat Abs*. And if you think I had trouble believing the claims in Furey's first exercise and fitness book, you'll know why I had a LOT of trouble with the claims in the second.

What claims are those?

Well, for one, Furey claimed that you could **reduce your waistline**, literally burning excess fat off your body, even losing weight, by following a couple simple breathing exercises that were supposedly taught long ago by a world champion wrestler who went by the name of Martin “Farmer” Burns.

In my mind, the claim of **losing weight** and excess fat from breathing exercises was almost too much to stomach. And besides, I felt the exercises in *Combat Conditioning* were “good enough” for my abs. So what did I need this book for?

The second big claim Furey made was that you didn't even need to do sit-ups or crunches. He said that you could literally train your abs while standing on your feet. He even gave his abdominal exercise routine a name – calling it *The Magnificent Seven*.

As if the first two claims weren't enough – Furey went on to say that many of the old-time boxers, wrestlers and martial artists had better abs than the athletes of today. And, he said the old-timers did abdominal exercises that many so-called exercise, health and fitness trainers have tried to pass off as “wrong.”

“You hear all these fitness trainers railing against any abdominal exercise in which the hip flexors or psoas gets worked,” said Furey. “In theory, it sounds good. But these trainers are forgetting that your abdominal muscles work as a unit WITH your body. You can isolate your abs from time to time – but building a whole philosophy around muscle isolation is dumb. If you want to get the best results from an abdominal exercise program, you've got to think whole body – not just abs, abs, abs.”

Upon reading these words I began to do some research. I wanted to find these so-called “great abs” legends of yesteryear. To my surprise, I DID find them. I found Otto Arco, Maxick, George Hackenschmidt, Charles Atlas, Earle Liederman, Eugen Sandow, Arthur Saxon, George F. Jowett, Lionel Strongfort and many others.

I was stunned. Furey really HAD done his research.

So, guess what I did? I bought *Combat Abs*. A few days later, when it arrived in the mail, I ripped open the package and starting rifling through it.

The Secrets to Lean, Ripped Abs Revealed

Combat Abs is filled with so much valuable information that I made the following list for you. Learn...

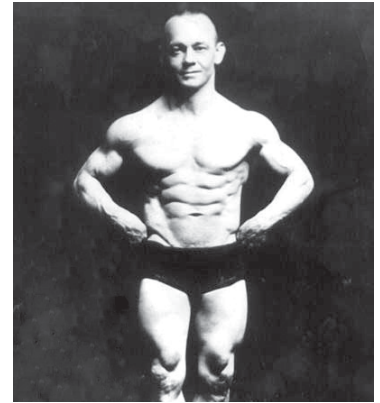
- **The difference between conditioned muscles and counterfeit muscles – and how one burns fat and helps you lose weight while the other is a waste of time!**
- The exact exercises that harden your abdominal muscles faster than anything else in the world!
- **The famous Farmer Burns Deep Breathing Method and how it reduces your waistline within days and improves digestion!**
- Why the “ripped abs” look, although desirable, does not necessarily mean you are healthy, or that you are functionally fit!
- **Abdominal exercises that strengthen and purify your internal organs – and how this aids in losing**

weight and excess flab!

- Secrets of training the transverses and external obliques, the muscles that “suck in your gut” for you, whether you like it or not!
- **The abdominal exercises you MUST do to ensure a healthy lower back and the precise exercises that eliminate lower back pain!**
- Why the “crunches” mentality of ab training is a crock!
- **How to do the abdominal vacuum, and why this exercise massages and strengthens your internal organs, making weight loss much, much easier!**
- The “tai chi waist turner” and how this one exercise realigns the vertebrae of your spine from top to bottom, ridding you of lower back pain while simultaneously helping to increase circulation to your vital organs!
- **The seven exercises you can do for your abs every morning when you get up that will strengthen your entire core and make it easy to reduce your waistline!**
- Why fat can only accumulate on the area of your body where there is the least amount of activity!
- **12 basic exercises that hit every muscle in your midsection, giving you a set of rock hard abs!**
- The bridge and how this one exercise alone is great for your abs, spine, buttocks and internal organs!
- **16 Intermediate exercises that will give even the seasoned veteran a run for his money!**
- 11 super advanced exercises that are perfect for combat athletes, martial artists or all-around fitness fanatics!
- **How the Farmer Burns breathing exercise trains your abs to laugh at a hard punch to the midsection!**
- Six Power Wheel exercises that sculpt ultra-powerful and defined abs!
- **The *Combat Abs* diet and why following Nature's Laws leads to the most rapid and healthy weight loss!**
- Why planned splurging is a great idea!
- **The secret to setting, and most importantly, achieving, all your health and fitness goals!**
- The 7 ways to track your progress and why failure to keep score is inadvisable!
- **How much water you should drink each day!**
- The truth about diet sodas revealed! Do they or don't they help you lose weight?
- **Is fasting a good idea?**
- The meaning behind the Paul Bragg saying, “Your waistline is your lifeline.”
- **and much more...**
- **Three Weeks After Starting *Combat Abs* I Had a Leaner Waistline Than Ever Before – and More Strength and Energy Than I Could Ever Imagine**

Not only did the exercises and weight loss recommendations Furey made make me a better man within a few short weeks – but they've done the same for thousands of others. Here are a couple of the reports sent into Matt's office:

I purchased your book some time ago at East Coast Martial Arts Supply in Orlando Florida. Using your combat abs system I have taken 16 full inches off my waist. I look so much better I think that it saved my marriage!
Sincerely,
Rick Hackworth
drhackworth@earthlink.net



Strong Man Otto Arco built his awesome abs without crunches

A Great Set of Abs Awaits You

If you're ready to have abs that are lean, strong, healthy and functional, then don't just order *Combat Abs*. Do like I did. Devour it.

We've all heard the saying, “Knowledge is Power.” Many people think that information is power, too. It's not. Information is nothing but information. Information can become power, but only when it is applied.

The Irish proverb says, “Just nodding your head won't row the boat.” Emblazon that message in your heart and follow the fitness program in *Combat Abs*. As you take action, these exercise will cast a miraculous spell on you; a spell that will change your life for the better.

Combat Abs is only \$34.95 plus \$6 S&H (U.S.) or \$12 S&H (foreign). Call (813) 994 8267 to place your order on our secure voice mail. Visa, MC accepted.

Sincerely,

Vincent Lai

Vincent Lai

P.S. I am a twice-converted skeptic. Matt Furey's *Combat Abs* is everything he says. It will help you **lose weight** and reduce your waistline. It will improve your digestion. It will also help rid you of lower back pain and physical weakness. And it will give you rock-hard sculpted abdominal muscles that are the envy of friends and family. More power to you!

Yes, Send Me *Combat Abs* course for only \$34.95 plus \$6 S&H or \$12 S&H (foreign). Plus I'll receive the *Combat Conditioning* manual free.

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www.mattfurey.com

MstrMnd0908

Seven Steps To

Creating An Ageless Brain

by Dharma Singh Khalsa, M.D. • www.drdharma.com

When it comes to dealing with your aging brain, you may be sitting on a ticking time bomb!

Over 100 years after its discovery, cases of Alzheimer's, a disease that robs you of your mind and memory, are set to soar. Recent statistical research is downright scary, with a new case of Alzheimer's occurring every 7 seconds. Moreover, 14 million (18 percent) out of the 79 million baby boomers can expect to get Alzheimer's. But most shockingly, people are getting diagnosed with this horrible illness at a much earlier age. Last year, over 500,000 people younger than 65 were diagnosed with it; some of them in their 20s and 30s. This is a national tragedy and exemplifies an emerging epidemic. So what can you do, starting right now, to make sure you don't become a statistic? Here are 7 good-news steps you can take to create an ageless brain.

Modify Your Diet

Research reveals that people eating the most calories and unhealthy fat-laden foods have the highest incidence of Alzheimer's. So decrease your portion size and make sure you get your 5 -9 servings of fresh fruit and veggies every day. Add fish such as fresh-frozen Alaskan Salmon, and eat less red meat.



Take Supplements

You absolutely need a high-potency multiple vitamin/mineral tablet to help keep your mind sharp. There are other memory specific nutrients as well. The most effective are: Phosphatidyl-Serine (PS), Ginkgo, and DHA, an omega-3 oil.

Avoid Stress

Make sure you take time for your self everyday. Learn to balance your stress by deep breathing and eliciting the relaxation response, which reduces dangerous memory-numbing stress chemicals.

Increase Physical Exercise

Working out actually causes the growth of brand new brain cells (neurogenesis) in your memory center. So get off the couch and start moving or, if you're already working out, keep at it.

Increase Mental Exercise

Often called Brain Aerobics, mental exercise has been shown to prevent memory loss by 70 percent. The key is to do something novel. Go to a museum and discuss it with someone. Learn a language or read a book. Turn off the TV and think about something worthwhile.

Innovative Mind-Body Medical Exercise

Otherwise known as meditation, this is something which I have researched at the University of Pennsylvania and it has proven to actually reverse memory loss in only 12 minutes a day. Others methods, such as tai chi, yoga, and basic meditation actually improve your genes and help turn back the clock naturally.

Increase Spiritual Awareness

People living a spiritual life have been shown to enjoy improved physical, mental, and emotional health. Simply discover a way that links you up to that soulful aspect of yourself and do it often. You can start by doing something for someone without thought of reward for yourself. Sharing a nice warm smile with a stranger is a good place to start.

An Ageless Brain

An active, problem-solving brain that is regularly challenged by new learning activities is one that will not age. Now is the time to do everything possible to create an ageless brain, one that develops the wisdom to help make the world a better place. Best of blessings.

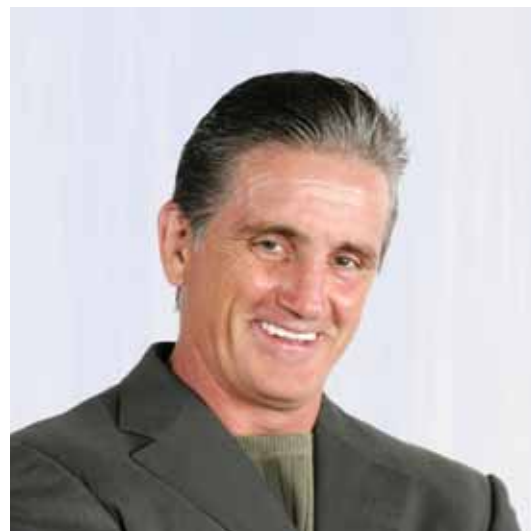


*The author of seven best-selling books, Dharma Singh Khalsa, M.D. often referred to as Dr. Dharma, is America's # 1 Memory Loss Prevention and Reversal Specialist. To discover more about his work, receive his free newsletter, The Healing Minute, and claim a free e-book called **The 11 Secrets to the Prevention and Reversal of Memory Loss** go to **www.drdharma.com**. To ask him a question, e-mail **info@drdharma.com**. To improve your attention, concentration, focus and short term memory, all you need is 2 Brain Tabs a day. They're scientifically proven to make your brain 12 years younger.*

www.drdharma.com/LongevityBrainTabs

All Great Writing Has One Thing in Common.

Can You Master It?



by Michael Masterson

Good writing is hard to define. As a consultant to publishers, I know that as well as anyone does. It seems as if I'm always in the middle of one debate or another about whether some particular piece of writing is good, bad, or indifferent.

But although there are some disagreements here and there about whether a certain article or book or sales letter (or writer, for that matter) is good, there is almost never disagreement among experienced people when a piece is top-notch.

So that means something – that the best writing has some sort of unifying quality.

But what is that quality? That's the question.

Figure that out and you have a way of understanding quality, a tool to explain it to others, and just possibly a way to learn the skill of writing faster and more easily.

I've been trying to answer the question for at least 20 years. For a long time, I had nothing. I came up with definitions that would do a good job explaining one sort of good writing but fail miserably to explain another. Then, about a year ago, I had a revelation. Good writing is good thinking with everything else – all the ornamentation – cut off.

I am very happy with that definition. It pretty much explains and clarifies just about every sort of non-fiction

writing I can think of. I've used it 100 times since then to analyze the writing of others and to figure out what was sometimes wrong with my own writing.

If good writing is good thinking unembellished, the trick to writing well is twofold:

*Good writing is
good thinking with
everything else cut off.*

Don't start writing until you have one good thought.

After you've written it down, edit the hell out of it. Get rid of every sentence, phrase, and word that is not necessary.

This is, if I say so myself, excellent advice. But it begs the question: What is good thinking?

I don't have a great answer for that yet, but I can say this. When I say that good writing is good thinking, I am speaking relatively. For an idea to have power... for it to enlighten or disturb or invigorate or persuade... it has to have power in the minds of those reading it.

An idea that cannot be understood or appreciated by readers won't seem "good" to them. In fact, it will seem like a waste of time.

I'm making the relativistic argument – in this case, that "good" is relative. If you believe that writing is a form of communication, you must also believe that communication is only effective when the idea conveyed is received. If you believe that, you must accept this relativistic notion.

Still with me? Good. This gets us to a place where we can understand how there can be many sorts of good writing – some high-brow and sophisticated and some simple, even rudely so.

In other words, it doesn't matter what you want to write about – astronomy or astrology, fine art or cartoons, nuclear physics or sports cars – your writing can be good so long as you give your readers good ideas about the subject matter.

So... how do you come up with good ideas?

First, you have to do what I suggested above – you have to spend time thinking. You can't expect that the great ideas will start flowing the moment you sit down at the computer. They are not so easily captured.

I've been thinking about the process... and also wondering why so much of my writing ends up being such drivel... and I haven't been able to come up with anything brilliant.

But the other day, BB (my partner) said something in a memo that was a breakthrough.

We were talking about what was wrong with the writing in several publications we have in England. By most standards, it seems "good" – the expression and style are fine and even the ideas are OK (ordinary but not "bad"), but, overall, the quality is mediocre. We had made suggestions about improving it in the past, and all our suggestions were dutifully observed. Yet, the bottom-line quality of the publications had not improved. There was something deeper than anything we'd yet been able to describe that was still wrong here. And, finally, BB figured out what it was.

In a memo about a writer we both admire, he said, "What I like best about his writing is how unique his ideas are. His view of how things work in the world is very different from mine. But his view is authentic... and that's why I like it."

BB had struck gold, I thought. Authenticity is the key. Good writing must not only involve good ideas but also be authentic.

This is what gives it its relative value – it doesn't matter what the subject is so long as the ideas and the expression of those ideas are authentic... that they honestly and truthfully reflect the thoughts and feelings of the writer... and that they are appropriate to the people who read them.

I was reminded of that while talking to AS about his plans to do standup comedy. We were criticizing something that is very common with fledgling comedians: outrageous vulgarity. We agreed that it isn't the vulgarity itself that makes these young comics fail, but their

falsehood. In attempting to get a laugh, any laugh, they go for the cheap, scatological stuff. If they're lucky, they get a nervous, embarrassed titter from the audience – but they never get a really big laugh, because their material

It doesn't matter what the subject is so long as the ideas and the expression of those ideas are authentic...

doesn't ring true. Instead of trying to hit a nerve, they play it "safe" with jokes that are as puerile as they are superficial and predictable.

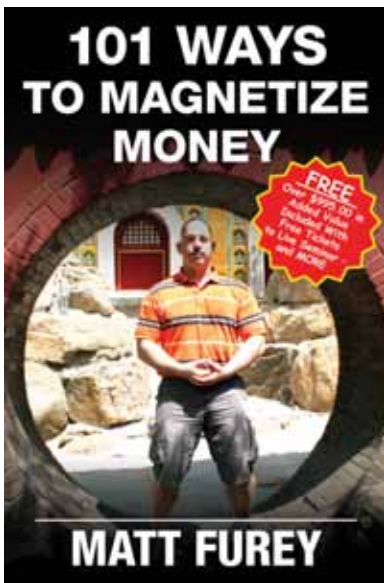
There have been a few great comics that did use vulgarity. Richard Pryor and Lenny Bruce come to mind. They got away with it because they were, essentially, vulgar. The way they looked at the world... their "Weltanschauung"... was vulgar. They proved not only that vulgar perspectives can be bright and clever and sometimes even highly sophisticated, but also that they can be really, really good... when they are authentic.

So this tells you how to write well. Come up with good ideas – ideas that are meaningful to the people you are writing for – and then cut out anything from your writing that is not authentic.

And remember that this applies to other forms of expression... public speaking, of course, but also acting, dancing, singing, and even standup comedy.

It also applies to how you express yourself in your job... in meetings, at reviews, and during individual conversations. Speak when you have a Good Idea to convey... and never, ever pretend to be somebody you aren't.

Michael Masterson is the author of **Ready, Fire, Aim** – available at www.earlytorise.com



101 WAYS TO MAGNETIZE MONEY

On Easter Sunday of this year I woke up at 7 a.m. and began to count my blessings. Afterward I checked my email. While doing so I saw a message from a man who said he was on his last legs financially. Not only did he tell me he was “broke” – he felt the need to recant one horror story after another. Everything that could go wrong in his life appeared to be doing so.

While reading his email I thought about all the people I’ve coached and mentored to millionaire and multi-millionaire status who were just like him at one time. I thought about all the people who used to live in a cesspool of debt, despair and negativity about money – and how I helped bring them out of it. Then I thought about all the people who have never heard the truth about money and all the good it can do for them and for society at large.

I then thought to myself, wouldn’t it be great if I wrote a book called **101 Ways to Magnetize Money** that would teach people who are not in my coaching programs what they need to do to change their financial situation; a book that teaches the INNER and OUTER KEYS to financial success?

When the thought came into my head I shook with enthusiasm. I buzzed with excitement as I grabbed my pen and wrote the title for this book on a 3x5 card. Then I got dressed – grabbed my laptop and began to make a list of the **101 Ways to Magnetize Money**. At this point I began to think about how I was writing this book on Easter Sunday – and how I’d like it to cause a financial resurrection in peoples’ lives.

It may be the height of arrogance to presume that this book will cause a rebirth in your financial situation. But why not think such a thing? Is it really arrogance to have such high dreams for YOU? Is it really wrong of me to see you being transformed by what I have written? I don’t think so. What I have put on paper is what has worked for me and the successful people I have coached – and if you follow my suggestions, it will work for you, too.

I’ve seen the information contained in this book work miracles. And I expect more people like YOU will begin to manifest them as well. The advice in this book CAN and WILL change your financial future for the better.

I’ve written **101 Ways to Magnetize Money** in an “all meat” – no fat or fluff manner. One advance reader of the book wrote to say, “If you were to do nothing but read the titles for each WAY you’ve written about – it would be enough information to last you forever. I was ooohing and aahing as I turned each page. This book was truly INSPIRED. And the fact that the idea for it was born on Easter Sunday is icing on the cake as far as I’m concerned.”

The Offer of a Financial Lifetime

At the present time I have an incredible offer for you. Order **101 Ways to Magnetize Money** NOW and when the book arrives you’ll receive \$495.00 worth of free gifts – including two tickets to a LIVE seminar.

101 Ways to Magnetize Money is only \$12.95 plus S&H right now – a ridiculously low amount when you consider the years of knowledge that have gone into the book. Not only that, but the author is not someone who is writing about prosperity and abundance in order to make his fortune. He’s already made his fortune – many times over. So he truly IS someone who knows what it is like to go from “rags to riches” – and he can help you do it, too.

In addition to the book, I am also offering a set of CDs based upon the material in **101 Ways to Magnetize Money**. These CDs, however, will not simply be me reading the contents of the book – although everything I’ve written will be on them. Instead it will be me CDs whereupon I give additional

insights and keys that will make each of the ways even more powerful than they already are.

Order the CDs for **101 Ways to Magnetize Money** NOW for only \$99 plus S&H and we’ll send you the book **FREE** – along with all the information on the \$495.00 in free gifts.

At this point you’re either calling to place your order – or you’re hemming and hawing, saying things to yourself like, “This is nuts. You don’t magnetize money. You get it by working your ass off.”

All I can say is this very thought is the mantra of the broke, sick and ignorant. It is also the very thought that DE-MAGNETIZES money.

My friend, you either MAGNETIZE or REPEL money. There is no in between.

Which would you rather learn to do?

Well, the truth is you don’t need to learn how to repel money. Most of the world is already doing so, on autopilot. What’s worse is they don’t even realize it. Sad, yet true.

To turn your financial life around, you better put yourself on the side of the men and women throughout history who knew that in addition to “what you do” – there is a mindset, a thinking apparatus within that either lures money to you like bees to a hive – or drives it away like a dog running from a skunk.

The choice is yours.

Order NOW and you’ll be making the RIGHT choice.

P.S. 101 Ways to Magnetize Money – the book as well as the CDs are currently being offered now at an incredible saving. Jump on this NOW and I’ll also throw in a personal 8x10 photo, suitable for framing, that will give you additional incentive to follow the directions in my book and CD program.

101 Ways to Magnetize Money (Audio CDs PLUS book) – \$99.00 plus \$15 S/H (\$36 international).

101 Ways to Magnetize Money (Book) – \$12.95 plus \$15 S/H (\$36 international).

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When Taking Medicine



By Dr. Wu Dhi

Stop! Before you take any medicine, herb, homeopathic or vitamin, does it have the energy you want in your body? Would you like to be able to energize it to give you the maximum healing benefit? Are you ready to increase your healing process ten fold? How many times have you said or heard this. "My medicine is killing me. I hate taking this stuff, I think this is making me sick. My doctor said if I don't take my medicine I will die." Well, wake up!

What you are saying is just like a prayer, mantra or negative affirmation to your body and mind. That medicine is following your instructions. As it goes down your tubes along with it is the negative program that you are also swollen. You can change all of that by just taking charge of where and what your medicine does. In most of the religious doctrines it is stated how the important of the purification of the body, speech, and mind is. Our speech to others, and especially what we are saying to our selves, is a key to our health.

Self-Healing

In the '80s, I was a personal growth trainer and consultant for an internationally known subliminal tape company, Midwest Research of Michigan, producers of the "SCWL" subliminal programming tapes. I am always looking for techniques and products to assist my clients and patients in making positive changes. Most motivational speakers and books tell us that we create our life with our thoughts; but the truth is that we rarely "choose" our thoughts. Most of what we call "thoughts" are automatic reactions coming out of our

subconscious programming. These programs, many of which are negative, make it difficult for us to experience the health, happiness and success we desire and deserve. Once the subconscious accepts a message, new programs are created and our conscious mind learns new responses, thoughts and behaviors as a result. We literally talk ourselves into health or sickness mentally, physically and emotionally.

*Unless you change
how you are, you will
always have what
you've got.*

Visualization

"Unless you change how you are, you will always have what you've got." Before you put it in your mouth imagine what you want the medicine to do. How do you want it to react in your body? Give it a specific job. Where does it need to go? What do you want it to effect? When do you want it to start working and for how long?

Visualize your internal healers, angles, spirit guides or whatever you believe will work as your internal healer. I usually see a pure white light surrounding me and the medicine and as I ingest it, I feel my body filling with this pure white light moving through every pore of my body. I then visualize the light going into every organ, structure and muscle of my body and finally the light shining and radiating out every pore in my skin. I see light streaming out of my body in all directions, north, south, east, and west,

into the entire universe, the medicine vibrating radiant health to all parts of my body mind and spirit.

In the Recharging Qi Gong Exercises, www.rechargingqigong.com, I teach how to direct this energy into every part of the body. Listen to the CDs carefully there are pearls of wisdom in there that will teach you how to open up to the power of creative visualization energy.

Blessing and Prayer

The most effective blessing or prayer will depend on your spiritual background. It can be as simple as "I bless this medicine to go to the right organ or system to heal my body, speech and mind." More traditional prayers or mantras that you know or practice can also be very effective. Another example is "I have great faith in the healing power of my medicine and will bring forth the blessings of the heavenly father or mother, beloved god, or saints and sages of all religions." This will heal and protect the body, mind and spirit.

Generate Faith

Think of the prayer transforming and absorbing into the medicine. Generate strong faith that the medicine has all the blessings of the healer's saints and sages. Also, visualize the essence of the five elements – fire, earth, metal, water, and wood – all absorbing into the medicine. The medicine becomes so powerful that it can heal anything. It is so powerful that it can instantly heal all disease of the mind and body. We simply have to utilize that power. The best for you always

Cover Story

World shuai-jiao kung-fu champion Matt Furey has built an empire of positive energy based on helping people to achieve their dreams by teaching them how to focus their minds on what matters most.



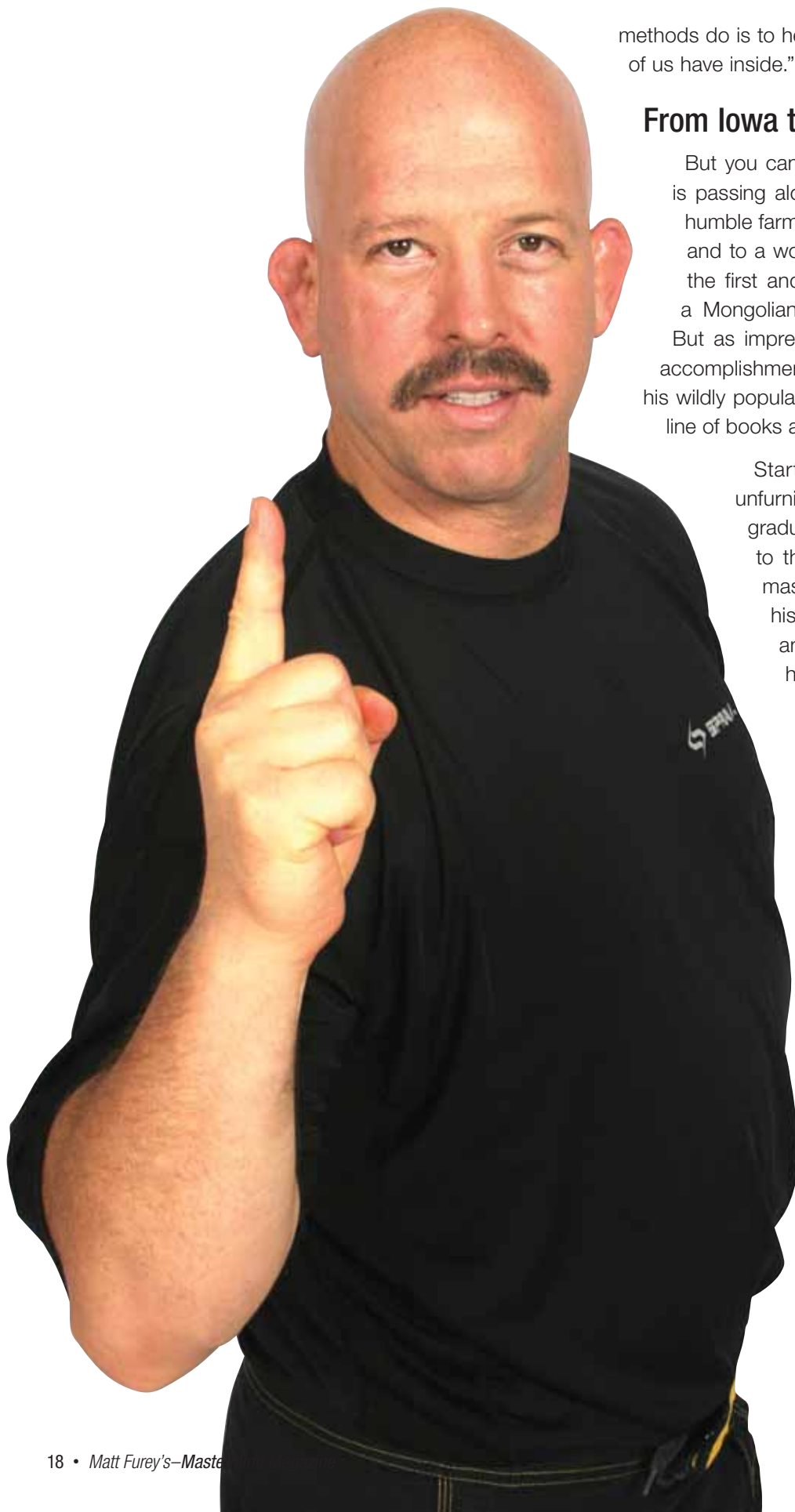
MATT FUREY

The Power of a Focused Mind

story and photos by Todd Hester

It's a typical day in over 137 countries in all corners of the globe. In those countries there's a nearly endless variety of languages, clothing, races, occupations, attitudes, religions, and philosophical beliefs. But with so many differences between them they all have one amazing and nearly unbelievable thing in common: in each country thousands of people are all buying Matt Furey's fitness and

success products. For the plain speaking and folksy Furey, though, it doesn't seem that incredible at all. "We all have the same dreams and aspirations," he says. "People all over the world want the same things regardless of their culture: they want to feel better about themselves and they want success and happiness. In general you need to achieve the first in order to attain the second. What my fitness and self-help



methods do is to help people to unlock the power that each of us have inside.”

From Iowa to Incredible

But you can't teach what you don't know and Furey is passing along a philosophy that took him from the humble farm fields of Iowa, to an NCAA wrestling title, and to a world shuai-jiao grappling championship as the first and only non-Chinese to ever triumph over a Mongolian Chinese title-holder in Beijing no less. But as impressive and improbable as Furey's athletic accomplishments have been, they pale in comparison to his wildly popular self-help, fitness, and personal success line of books and instructional courses.

Starting from his spare bedroom in an unfurnished condo in San Jose, California, after graduating from college in the east and moving to the west coast with the idea of getting a masters in Communications and continuing his wrestling, Furey has a sudden epiphany and decided to encapsulate everything he had learned from his college wrestling days and codify it in the book “The Martial Art of Wrestling” in 1996.

The Power of the Mind

“While in college,” Furey recalls, “I had a goal of becoming a writer and a bestselling author. Now I was a scholarship wrestler and so most people just laughed at me. But I visualized it and I decided to focus on achieving it. My first book, **“The Martial Art of Wrestling,”** which I've always felt was ahead of its time, integrated the success principles of martial arts and wrestling and showed how in the end the journey was the same whether you were a sport grappler or a martial artist. I remember thinking that it was going to sell a million copies and so I printed 2500, what I thought was a very small number to begin with. Needless to say, being my first book, it was not the windfall that I had envisioned. The principles were timeless and I thought that every wrestler

would rush out to get it. What I didn't realize then was that wrestlers don't buy books on wrestling. I had found the right message but now I had to find the right audience."

Tenacity and Unbending Will

Showing the tenacity and unbending will to succeed that would come to characterize his life, Furey instead turned back to what he was comfortable with in his search for success: competition. He had just started training with Dr. Daniel Weng, a coach and trainer in a widely practiced form of Chinese wrestling called shuai-jiao. Not known in the West to the extent it is in China, it is nevertheless used by Chinese police, army, and special forces for arrest and control.

"My only thought at first was to win the U.S. title but I soon was a four-time champion, one year winning in two weight classes," says Furey. "I then decided to set a goal of doing something which no American had ever done before: winning a world title in Beijing against the best shuai-jiao competitors there were."

In true Furey fashion, going into a difficult environment where it was considered virtually impossible to beat the Chinese on their home turf, the Iowa grappler made it to the finals and then shocked the shuai-jiao world by scoring first, falling behind, and then roaring back to tie the match and win the gold medal on the basis of being first to score. Rather than being the crowing achievement of Furey's life, though, it instead set a precedent of rising above expectations and accomplishing the impossible that would become Furey's trademark.

The Search for Knowledge

Furey's next stop in his search for enlightenment was Florida, where he trekked in order to be close to **Karl Gotch**, one of the world's last remaining experts on the obscure submission art of catch wrestling. Gotch was a living legend who learned catch at the Snake Pit in Wigan, England from Billy Riley, and then took it east and taught the Japanese, who incorporated many of its concepts into their professional wrestling and no-holds-barred styles. For two years Furey learned many of Gotch's most devastating techniques and



Furey with Dan Gable, his wife, Zhannie and his son, Frank.



was instructed on what Gotch calls “the best hold,” the thousand-plus-year-old physical conditioning methods that Gotch had learned from an East Indian wrestler while living in the UK.

It was at this point that Furey decided to put out a simple yet powerful book that incorporated the fitness and strength methods he had learned from many different cultures and societies and world-class coaches such as **Dan Gable, Bruce Baumgartner, Karl Gotch, and Dr. Daniel Weng**. He also drew book material from his experiences training with NCAA, world, and Olympic wrestling champions at the University of Iowa such as **Ed and Lou Banach, Randy Lewis, Barry Davis, J. Robinson, Rico Chiapparelli, Chris Campbell, Mark Johnson,** and others. The book was called **“Combat Conditioning”** and to this day it has sold hundreds of thousands of copies. But for Furey, the knowledge contained in the book, although coming from many different people, was embodied by one man.

“While I was at Iowa,” recalls Furey, “there was one guy who would come earlier and stay later than anyone else. He would wrestle and beat anyone in the room from lightweights to heavyweights, letting people take turns while he stayed in the middle. He would workout with anyone on any given day and just dominate them with his technique and fitness. That man was **Dan Gable** and in my mind he is the god of wrestling.”

Success Breeds Success

With **“Combat Conditioning”** taking off Furey did not rest on his laurels or decide that he had learned enough. He immediately started work on a host of other books including **“Combat Abs,” “Gama Fitness,” “Combat Stretching”** and many others.

“What kept inspiring me to keep writing was the positive affect I saw my books have on people,” says Furey. “I’d get letter after letter where people would tell me how improving their physical self-image had given them confidence and new-found belief in their own abilities to succeed. My success became based on the fact that I was helping other people to succeed. What better way is there to live your life?”

As part of his writing and publishing efforts, Furey also recognized the need to develop a marketing method to let people know about his books. While Internet marketing was still very much a black art in the early 2000s he nevertheless jumped in with both feet and developed a unique, down-to-earth style of mass communication that makes people feel like you’re talking to them one-on-one. Never one to hide his success, Furey used his methods to not only market his own products and enrich people’s lives, but also started teaching his methods to people he personally approved of to help them market their products as well.



The Zen Master of the Internet

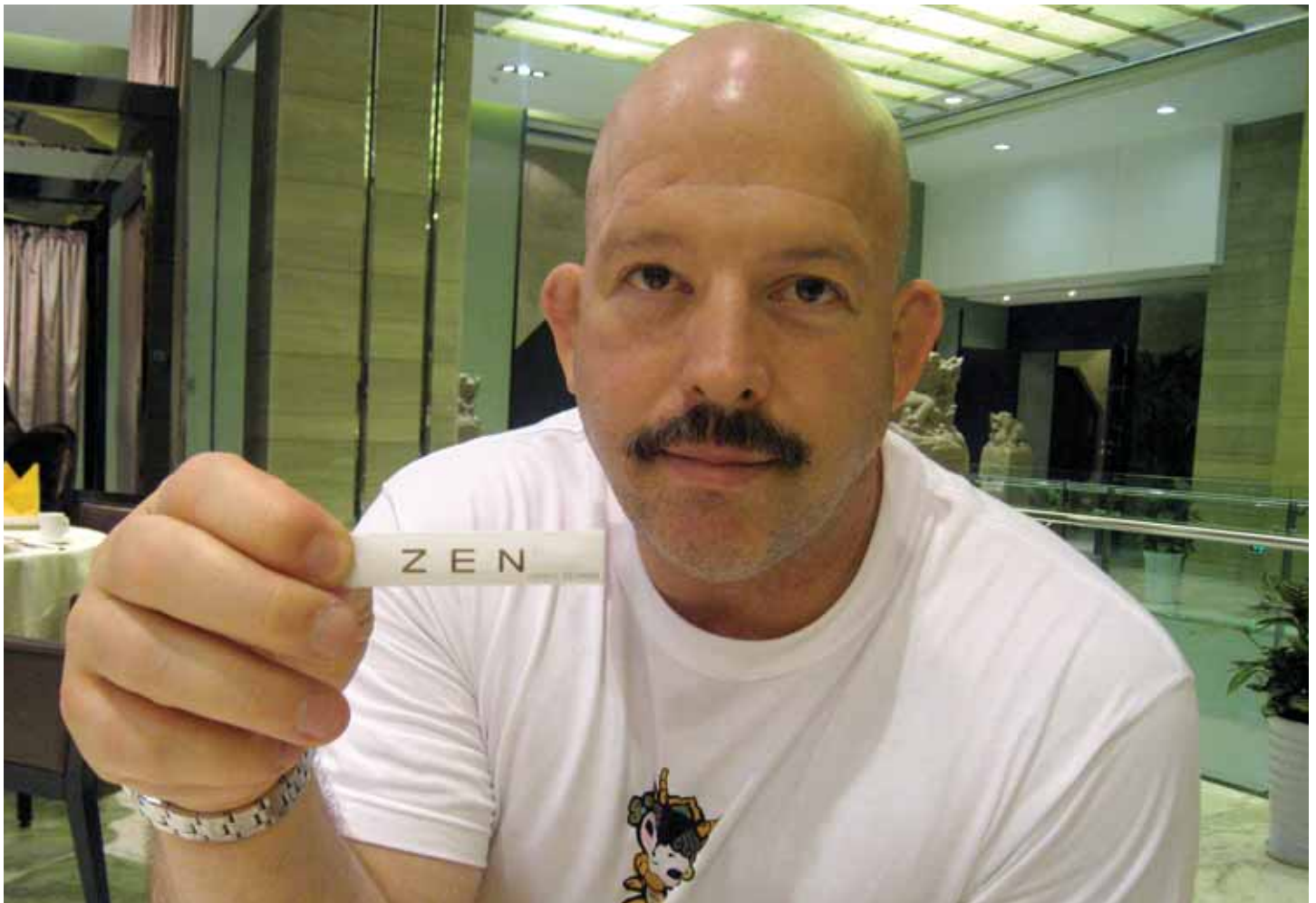
“I started teaching my methods in seminars just because I got tied of so many people asking to learn my approach,” laughs Furey. “The big difference in what I do is that I teach Internet marketing the same way I teach fitness or grappling: it’s a no-nonsense method that works and that will give people a return on their effort. Just as I don’t teach a fitness method that doesn’t work, I do not teach an Internet marketing method that is phony either. Once I started and people used it to get great results, it spread like wildfire by word of mouth. Pretty soon I had to cut back entirely on my grappling and fitness seminars just to keep up with my new marketing students. Although I got my start teaching people how to become physically healthy, I now realize that health not merely a physical state but that it also requires a mental and financial balance. When someone is healthy in all three areas, life becomes an endless flow. Teaching people to reach that state is what gives me the greatest satisfaction.”

The Proof of Success

The proof of Furey’s success lies not only in his numerous marketing students, but in his own life. From Iowa small-town farm boy to an international jetsetter, Furey now spends three months out of the year living on China’s Hainan Island and the rest of his time in his Tampa, Florida home directing his far-flung business interests.

“What I’ve done with my life is something that anyone can do,” says Furey. “I’m nothing special. I’ve just been fortunate enough to learn life lessons that befitted me and that can ultimately benefit anyone. I always envision teaching people how to rise about failure and mistakes. I have a knack for synthesizing information and keeping track of what did or didn’t work and then using that to help create success – whether in grappling, writing, or marketing. I’ve developed a system that will help people become more than they were before, enable them to stop limiting themselves, and to open up a whole new world of possibilities.”

For more information on Matt Furey’s books and seminars visit www.mattfurey.com.



Matt Furey Discovers Legendary Farmer Burns 1914 Course...

— Makes It Available Once Again —

In 1914, Farmer Burns, a world champion wrestler and the teacher of America's first world heavyweight champion, Frank Gotch, put out a mail order course entitled, "Lessons in Wrestling and Physical Culture." This 96-page course, divided into twelve different lessons, is a literal gold mine of information on catch-as-catch-can wrestling and physical conditioning. It contains information on takedowns, throws, pinning and submission holds. Lesson XII is even entitled, "Jiu-Jitsu — Self-Defense and Their Relation to Wrestling."

Many people have heard of the course but few people have it. And those who do have it wouldn't dare lend it to anyone, including friends.

Farmer Burns, the man with a 20-inch neck at a bodyweight of 175 pounds; the man who could do a six-foot hangman's drop and remain unharmed, is legendary for his wrestling prowess and for his teaching method. While in his 70's he was still a major force to be reckoned with. His instructions on the proper application of the half-nelson, three-quarter nelson, quarter-nelson, full nelson and hammerlock are well worth the price of the entire course. Most modern day wrestlers are not taught the proper way to do these holds, if they are even taught them at all. High school and college wrestlers I have trained have been dumbfounded at how well these holds work (when properly applied), and wonder how these holds could have ever become a lost art. Believe me, even if you already think you know how to do these holds, get this course because you are most likely missing some crucial details. And you better warn your training partner before practice. His neck may be really sore. We're talking MAJOR crank-ing power.

How Much Did Farmer Burns and the Other Oldtimers Know? In the modern era of grappling we tend to believe that we know more than the men of long ago. You only need to read a couple pages of Farmer Burns' 1914 mail order course, "Lessons in Wrestling and Physical Culture" to realize that we know far less than the old-timers. Not only that, if you are a person who can see the connection between Asian martial arts and



the combat arts of the west, you'll find plenty of beef in Farmer Burns' course.

Many people in martial arts today scoff at the practice of chi kung. Farmer Burns didn't. We don't call deep breathing exercises "chi kung" in the west - but if we were to translate the Farmer's text into Chinese, he would be teaching just that.

Here is a direct quote: "Breathing exercises alone, if done RIGHT, will make many a weak man strong and many a sick man well."

The Farmer also talks about other benefits of deep breathing, namely, development of internal organs and strengthening of the abdominal muscles. Look at the quote below and tell me if it doesn't resemble the teachings of Iron Shirt Chi Kung (the ability to take a strike to almost any part of the body and not feel pain).

"My own abdominal muscles are soft enough when relaxed, but when I "set" them the muscles are as hard and rigid as the muscles of my arms or legs. In fact you might strike me with all your force on the stomach with your clinched fist and not cause the least pain. Many have done this and suffered more pain from the blow than I, for my "stomach" muscles have been trained and developed just as carefully as all other parts of my body.

"I want every one of my students to "make good," and to develop an all-around physique, so be sure to take daily exercises for the development of the abdominal muscles. There is nothing better for this than my methods of DEEP BREATHING and HOLDING THE BREATH ..."

Did you see that? Nothing better for abdominal development than deep breathing and holding the breath. Sounds like Farmer Burns was connected to the same river of knowledge that martial arts masters in Asia were connected to.

I can't recommend Farmer Burns course strongly enough. In 1960, Karl Gotch, "The God of Wrestling" - paid \$20 for it. That was a lot of money back then ... and it was worth every penny. Today, you can own the Farmer Burns' course for only \$50.

Again, it is 96-pages divided into 12 lessons. It contains instructions on diet, deep breathing, stretching, isometrics, weight training, calisthenics and wrestling holds (including some submission holds such as the dreaded toe hold and head chancery). Well illustrated, easy to follow ... and now with a glossy cover to help you preserve it.

Yes, Send me the Farmer Burns course for only \$50 plus \$5 for shipping and handling. To place your order, call (813) 994-8267, or fill out and mail the form below.

Name _____ Check /Money Order
 Address _____ Visa MasterCard Amex
 City _____ Card No _____
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Make Check/Money Order Payable to:
 Matt Furey Enterprises, Inc. 10339 Birdwatch Dr.
 Tampa, Florida 33647

www.farmerburns.com



How to Train

Like a Modern Day Gladiator

by Vince Palko

If you want to train like the Roman legions and get into top shape fast, while only spending a few minutes a day, get ready to jump for joy!

Rocky Marciano did it, Muhammad Ali did it, and many, many other old-time boxers and wrestlers did it too. But maybe the most unique and unusual group to use this exercise that you've never heard of were the Roman legions. How do you train hundreds upon hundreds of men to be in tip, top physical shape to go into battle? Good question.

The Secret Training of the Roman Legions

History reveals these men twisted thin green grapevines together and used them as jump ropes! I kid you not. Picture this: an aerial camera shot looking down on northern Rome and off in the distance are hundreds of men spinning twisted vines. The only noise you hear are twirling rope vines and thumping feet hitting the dirt. Now why would these men use jump ropes to prepare for hand-to-hand or sword-to-sword combat? The reason is that the jump rope is one fierce strength and wind-building mechanism.



Vince Palko demonstrates a basic jump rope movement.

An Invention for the Ages

In ancient Roman times running long distance was unheard of. Sliding metal plates on long bars for lifting didn't exist. So this unique exercise trained these fierce warriors to be in the best shape possible. Many modern-day athletes have the Roman armies to thank for their little invention, because many top-line athletes use rope skipping to whip them into combat shape quickly.

Get Fit Fast

Have you ever seen a boxer preparing for a fight where he might have to drop 20 lbs. to reach his "fighting weight"? Chances are great you'll see a video clip of him spinning the rope. This makes them light on their feet, cuts the weight, and builds endurance better than any treadmill or exercise bike. Many other high level athletes such as professional football or basketball



Another jump rope movement to master is line hops. Draw a line with a piece of chalk if you don't have one. You can do this facing forward or side-to-side.

players, use this exercise to get fit the quickest way possible and to be at the top of their game.

Anyone Can Do It

The truth of the matter is that hopping is one of the best plyometric exercises you can do to build lung, leg and upper-body strength and power. Personally, the jump rope transformed me from a "left out" position on my junior varsity high school football squad to a Butkus award nominee at the linebacker position in college! Jumping rope its something anyone of any age can incorporate into their daily routine.

The 60 Year-Old Stud

But don't just take my word for it. Among many others, I have a 60-year-young client named Henrique Nolasco who swears by it!

"Vince, I'm going to be 60 years young in April. I'm healthy, fit and my energy level is very high. Believe me when I say that skipping rope is much easier than it looks and infinitely more forgiving on your tendons than middle to long distance running. I've found this out from three months of consistent exercising. My best time for the 2500 is 18 minutes, with still some reserve in the tank; usually I finish in around 20 minutes. I must say that I have never let my body go completely, as I have always exercised, in one form or other, although I have weighed over 210 lbs."

Fast and Furious

As good as this program is, it doesn't burn much of your time either. In fact, it's known that a half hour of jumping rope is equal to an hour of running long distance. If you don't believe me, try three minutes of skipping rope. I guarantee your heart rate will elevate quickly and you will feel the benefits almost immediately. Anyone can do it from beginners who want to learn the

basics to advanced fitness fanatics who want nearly a thousand combinations of ways to train with the rope so no two workouts are ever the same.

Make Exercise Fun

Make your exercise fun and effective by exercising utilizing every muscle in your body at the same time. Do it linebacker style and become agile, mobile and hostile (towards being out of shape, that is!)



Follow this diamond pattern to stimulate your muscles for yet another fat burning foot movement.

Vince Palko is the author of **"Linebacker Fitness"** and the creator of **"The Super Body Blitz"** and **"Triple Your Endurance."** Vince has been enshrined in the Bowling Green State University Hall of Fame for his performance on the football field. Sign up for his free fitness newsletter at www.VincePalko.com. For more information on **"Linebacker Fitness"** visit www.vincepalko.com/linebacker_fitness.html.

“Before I Learned the Real Secrets to Flexibility I Was Stiff, Tight and Muscle-Bound... But Not Anymore!”

How To Double Your Flexibility In One Evening!!!

Follow my step by step program and feel the tight spots loosen, the pain dissipate and the years of stretching frustration waylaid. Amaze your friends with your new found flexibility.

Dear Friend,

Last weekend I was in Cincinnati, having dinner at **TGIFridays** with a group of friends. One of the people at the table was Bill, an executive in his early 40's. He kept asking me about the many coaches I have had throughout my career. He wanted to know what Olympic champion Dan Gable was like. He wanted to know what Bruce Baumgartner (another Olympic champion) was like. He wanted to know what Karl Gotch was like... and so on.

Finally, out of the blue, he asks me, **“Are you flexible?”**

“Sure am,” I said, thinking nothing of it. Then I continued: “But I didn't use to be. In fact, I was so stiff I started having back pain in college.”

Bill then put a puzzled, I-don't-believe-you look on his face. **“YOU'RE flexible?”** he questioned. “I wouldn't think with your muscular size that you would be.”

I proceeded to tell Bill that I could do the splits, hold a gymnastic bridge with one arm, lie on my stomach, grab my ankles and jump off the floor only using my stomach muscles, and so on. He looked at me in surprise and gave me one of those long drawn out words. I'm sure you're familiar with it. It sounds like this...

“REALLLLY?”

Then it hit me. If this guy doesn't think I'm flexible because of the way I'm built, then there are probably a lot of other people who think the same thing. Moreover and more importantly, these people could greatly benefit from the unique system of stretching I teach.

My system can even help the super stiff double their flexibility – oftentimes in one hour.

Let me tell you about **Vampiro**, a world famous pro wrestler, and a prime example of someone I have helped gain far more flexibility in one hour than he could attain following other programs for months, even years. I'm sure you're familiar with some of these programs. They're the ones that lead to a destination called... frustration.

Just so you know, **Vampiro** is 6'3" and 255 pounds of streaming steel. He is incredibly powerful and quick as a cat. Yet, in terms of flexibility, he has endured so much pain in the ring, including a broken neck, that some of his muscles and joints had no give left in them. Talk about stiff. He had the flexibility of an iron dog. He was even stiffer than I used to be.

Well, a couple months ago **Vampiro** came to Tampa to train with me for a few days. When he left he had this to say:

“I just finished my private bootcamp with Matt. Today was great. Wait, today was... emotional. When I came here I wasn't able to come close to touching my nose in the bridge. I was only on the top of my head. But within 30 minutes Matt had me down and touching for the first time. I also had a shoulder injury that was killing me and needed an operation. I couldn't move my right arm without a lot of shoulder pain. Matt fixed it in 6 min.. I also SAW Matt help a guy to breathe that was so sick, he could not even talk! Thank you Matt, from the heart.”

Now, bear in mind that I only worked with **Vampiro** on some of the stretching exercises I'll be teaching you in my new course entitled, **Combat Stretching – How To Double Your Flexibility In One Evening**. Why? Because he was primarily here to improve his submission fighting skills.

So imagine how fabulous he would have felt if I would have taught him the entire program you'll be learning in my new course. And imagine how great you're going to feel when you impress your friends with your new found flexibility.

This mind-blowing course will consist of three parts, taught on three separate videos. Part one will feature nearly 20 dynamic stretches, many of which most people here in the U.S. have never seen or done before. These dynamic stretches increase flexibility through movement, hitting all the major muscle groups and joints. You'll learn dynamic movements used by Hindu wrestlers as well as some of the toughest champion athletes in Japan and China. **[Don't forget, I live in China during part of each year; my wife is Chinese and I won a world kung fu title in Beijing, so I have access to teachings most Americans would love to know. And I'm bringing them to you in this course.]**

The bottom-line is that you won't just become flexible from these dynamic movements – you'll also get stronger.

Always remember that flexibility without strength is a very bad thing. If you're in a combat sport and you're limber but weak, I think you know what will happen to you. That kind of flexibility makes you injury prone. Not a good thing. So it's important to strike a delicate balance between strength and flexibility. One without the other is not good.

I've said it before and I'll say it again, **“What does it matter if you have the flexibility to kick someone in the head, if you don't have enough power in the kick to knock him out.”**

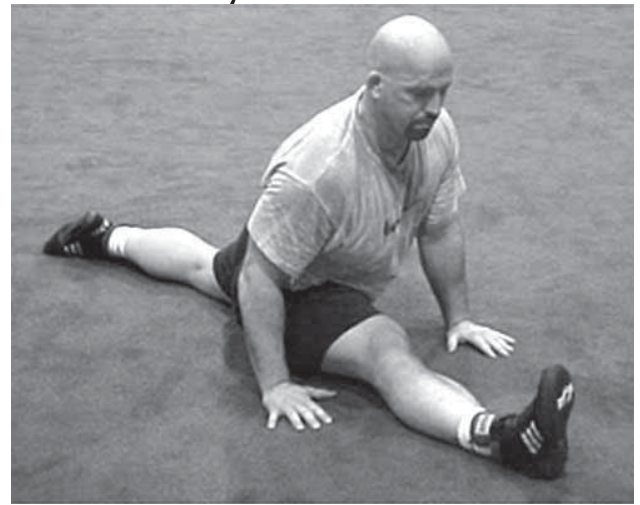
The dynamic stretches I teach will give you that **“moving” functional stretch and the power to go with it.**

These dynamic stretches alone will greatly enhance and improve your current level of flexibility. They will also give you more energy, more stamina and increase feelings of well-being. And for those of you who compete in sports, they're the perfect warm-up before engaging in more vigorous exercise.

Also, rest assured, none of these stretches are girlie-man stretches done by a sissified, skinny wimp with a ballerina build. These are stretches that anyone can do. Even someone with a stocky, bulldog muscular build like mine. Even someone who is stiff as a board. Just watch the video and follow along and **your muscles will begin to loosen; tension will melt away and your athletic skills will soar.**

The second video will cover what I call **Deep Breathing Stretches**. Once again, there are courses on deep breathing and there are courses on stretching, but mine is the only one that truly teaches you the most important keys about how to connect the two. Yes, you learn deep breathing techniques with some stretching programs, but mine cuts to the bone and shows you the **“master keys”** that make your breathing **COMMAND** your body to get more flexible.

Yes, I'll show you how to do the splits, but realize that this stretch is grossly over-rated. Think of your body as a complete system of energy. If your hip flexors and groin are flexible, that's only part of your body. If you want the real keys to flexibility, vitality and high energy, then you gotta get to



work on your spine. That's where your personal electricity gets turned on. And that's where your energy gets blocked.

It's All About Vibration

Remember that your success in life is in direct proportion to how vibrant you are. And how do you increase your level of vibration, and rapidly? You do it through deep breathing, proper thinking and the most beneficial stretches to your entire system. Isolating one little muscle here and there is not what you want, especially in a combat situation. Your body moves as one unit. So don't stretch it one unit at a time. Do stretches that hit multiple areas of the body simultaneously. Do stretches that also, through the application of deep breathing and proper thinking, increase your physical strength and health. Again, you're not just going for flexibility. You're going for the entire package.

Tape three in the course teaches **Energy Drills & Joint Mobility Stretches**. And look out. We're talking major league great stuff here.

For example, did you know that there are many exercises that martial artists, combat athletes and other exercise enthusiasts do, and without realizing it, they are literally harming themselves? **Why is it that more and more karate students need reconstructive knee surgery? Why is it that so many are having hip replacements?** Why is it that after the age of 40, many of the top karate kickers in the world, even those who used to have beautiful, powerful kicks – now have kicks that have literally turned to shit?

You'll find out why in this tape, and you'll learn some quick, simple, easy-to-learn energy drills I learned in China that will correct these weaknesses instantly. **Minutes after doing these drills, you're going to have greater flexibility and power in your lower limbs.** You're also going to be fired up, full of pep and enthusiasm that had inexplicably drained out of you, without you even knowing it.

In addition to this, you'll find another 15 exercises on this tape that loosen every joint in your body. Just doing these drills and joint loosening exercises, even without the other stretches, will astound you. You'll feel like a little kid again, bouncing off the walls with energy.

By now you should definitely see how much these tapes can help you. But I want to go one step further. Normally this course will sell for \$177 or more, but if you're one of the first 50 people who place their order this month, you will also qualify for a discount of \$50, which drops the price to an unbelievably low \$127 plus \$10 S&H.

But that's not all.

Order now and I'll also throw in a **FREE** copy of a tape called, **“Chinese Underground Sports Rejuvenation Secrets” – a \$199 dollar value.** On this tape I am going to teach you what I learned on my last visit to our second home in China. These incredible techniques will, without a doubt, double your flexibility in record time. Not only that, they can help your aches, pains and injuries heal much faster. Learn the secret of how I eliminated Vampiro's shoulder problem inside of six minutes. Learn much, much more than that, too.

Here's how to order: The first way to order is online; go to **www.mattfurey.com** and place the order. Or call our secure voice-mail at **(813) 994-8267** and leave your information. Or you can mail your order to me at **Matt Furey Enterprises, Inc., 10339 Birdwatch Drive, Tampa, Florida, 33647.**

Best,

Matt Furey

Matt Furey

P.S. Remember, if you're one of the first 50 to order this month, you'll get \$50 off the regular price of \$177 – dropping it to an incredibly low \$127. Plus you'll get a **FREE** copy of **“Chinese Underground Sports Rejuvenation Secrets”** – valued at \$199. Order now.



Putting the “I” in Income

Monthly Paychecks from Wall Street

By Jeffrey Ziegler

Everybody needs income or wants more of it, right? I'm about to let you in on one of the most amazing investment vehicles out there. It is a strategy known by only an elite group of winning investors who receive monthly paychecks from Wall Street. The strategy is called Credit Spread Trading, and it has the ability to dramatically change your financial life forever. Can you say “income producing”?

I love those words! What picture comes to mind when you think of an income producing investment? I think of my trading account as an “investment property” but with the ability to make much higher returns. Imagine if you owned a rental property, such as a house, that was worth \$200,000 and was mortgage free. Could you rent it out for \$2,000 a month? If you could, that is a 1 percent return per month, and you still have to pay taxes, insurance, and upkeep. Of course, your overall return is boosted if the value of the home rises, but that doesn't help with short-term cash flow because you can't realize those gains until you sell the home.

So, if you needed \$10,000 per month to live on, you would have to rent out five or six mortgage-free houses at \$2,000 each per month. Yeah right, what a pipe dream. Now here is where things can get exciting for you. My trading account acts like an investment property, but without the hassles of dealing with tenants and with a much stronger earning potential than just 1 percent return/month on investment.

Making a conservative 8 percent per month using this strategy, a person with a \$200,000 investment account can earn...well, you do the math. It's good money! Even if you have only a thousand dollars to invest, you can still make the same great returns!

In the real world, we need money we can spend today. Relying on hope in these uncertain times is not going to cut it. Therefore, every income producing investment you make must bring cash in that YOU can keep. Credit Spreads provide just that. With this strategy your

amateur option players BUY options.

As a seller of options, Credit Spreads allow YOU to potentially profit in three: when the stock moves higher, falls lower or doesn't move at all... that's 3 to 1 odds! In effect, YOU actually collect money from all those amateur option players out there in the marketplace treating Wall Street like a slot machine, looking to score the “big payday” against tremendous odds. Credit Spreads are a low risk, income producing, trading strategy that can consistently provide monthly cash flow.

In the real world, we need money we can spend today. Relying on hope in these uncertain times is not going to cut it.

best friend is not the movement of the market but a thing called “time decay” which refers to how the value of an option “erodes” or reduces with the passage of time. Because of the effect of time decay, you can make money on the right trades, without needing to accurately predict the direction of the market.

You heard that right...you don't have to be exactly right on the direction of the stock to be profitable. Now that's sweet! If you're bullish (optimistic price will increase), the stock can go up; it can go sideways and even pull back a little to still be profitable. It doesn't get any better than that! I really want you to be clear on this... only the uneducated

This is not DAY TRADING! You will not have to be glued to your computer screen doing this type of trading. Once you place the trade you can turn your computer off. It's actually better not to watch every tick of The Market (way too emotional). You could even call this type of trading boring; however, I can assure you, it is anything but! It's exciting when you sell options on a stock that goes absolutely nowhere and you make a cool 10 percent that month! I don't know about you, but that gets me fired up!

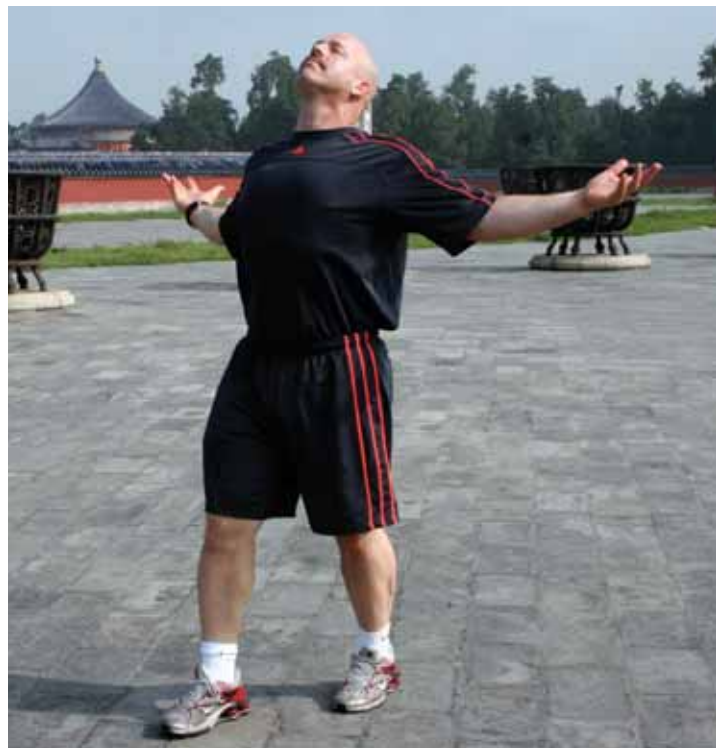
Go to <http://www.jeffreyziegler.com> and get the secret of a powerful, proven, income producing, trading strategy that will put YOU in the winner's circle.



Great Places to Visit in China

W O R L D T R A V E L

One of my all-time favorite spots to visit in China is the historic Tian Tan (Temple of Heaven) in Beijing. The mound I am standing on is where emperors used to make declarations. In December of 1997, the day that competition for the world championships began in shuai-jiao kung fu, I stood on



this mound and visualized winning the world title. It happened a few days later when I upset the Chinese and Mongolian national champion in the finals.

Just outside this sacred mound is an area where offerings were made to the gods. It's a nice place to do some exercise.

Tian Tan is packed each day with tourists as well as locals who want to soak in the energy of 800 year old trees – and walk in the spots that emperors and royalty once roamed. Here I am pictured performing Dao Zou, a system of reverse training exercises that reduce stress, improve the functioning of your mind, increase mental and spiritual awareness and strengthen your back and kidneys.



Xinjiang province in western China is another incredible place to visit, although somewhat dangerous as well. The overall beauty of Xinjiang is unparalleled in all of China. The people are noted for their exceptional folk dances – and exotic beauty. One evening in Urumqi, the capital of Xinjiang, I was enchanted while watching the bodies gesticulating on stage.

Afterward I had a photo snapped with several greeters – all dressed in outfits that accentuated the various minorities of the distant province. Once outside I caught a glimpse of a tight-rope walker. He made walking the rope look easy, then he set a chair down and made the audience panic.





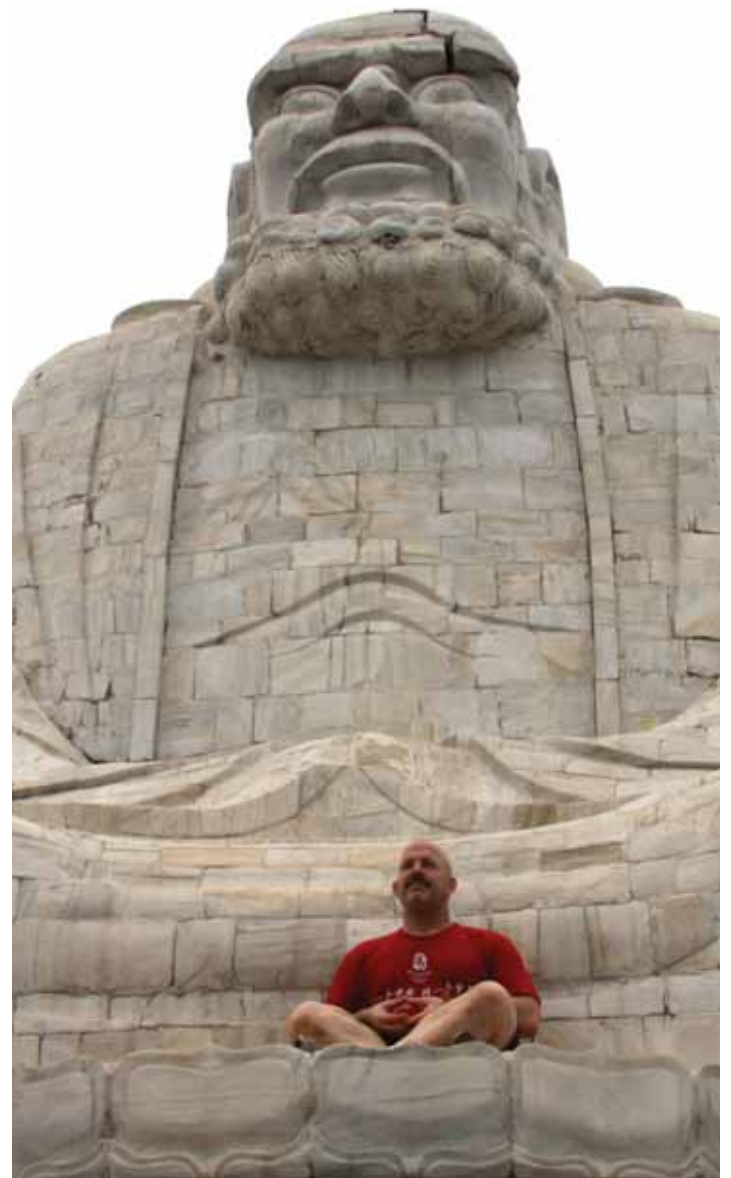
Xinjiang is known for breathtaking blue skies, prehistoric remains of old cities, and succulent grapes, wine, watermelon and raisins. Everywhere you go, dancing women welcome a photo opportunity.





This past summer I fulfilled a long-time dream when I visited the Bodhidharma cave on Song Shan (Mt. Song) in Henan Province. Song Shan is where the world renowned Shaolin Temple resides. I hiked the mountain to the cave and posed before the place where Bodhidharma sat in meditation for nine years. Just outside the entrance a butterfly and I hit it off. Afterward I climbed to the very top and sat upon the large marble statue of Bodhidharma – and for fun, on the way back down the mountain, I tried a few lizard crawls on the steps.

In the future I'll show you many more photos of China through my eyes, including some of my vacation home on Hainan Island





Violent Crime Lurks Closer Than You Might Think

by Nui (Big) Kahuna

A friend of mine and I like to read many of the same books and then argue about them for hours on end. We've been doing this for years and most of the people around us just scratch their heads when we get rolling.

Some of my favorite authors are Michael Connelly, James Lee Burke, Robert Crais, Dennis Lehane, Barry Eisler, Daniel Silva, Kathy Reichs, and Patricia Cornwell. Those are the ones coming to me at the moment and I'm sure that leaves a number of people out, though not intentionally. All of these authors can spin a good yarn, as one of my grade school teachers used to say.

Lately my friend has been on a kick that just drives me crazy. He says that these books contain a level of violence that is just preposterous, and swears he is going to stop buying their books. He says that all the violence is just a perverted fantasy designed to sell books. He has tried telling me that no one he knows has ever been attacked, or subject to, anything even remotely like the stories told in these books.

crime. One in every seven. In my family, there will be one victim. In the next door neighbor's family, there will be one victim. In my daughter's school class, there will be four victims. In my wife's office, there will be three victims.

In the city of Los Angeles more than 30,000 violent crimes were committed by gang members between 2000 and 2005. Police estimate that only one fifth, or 20 per cent of violent crimes committed by gang members, are actually reported. So the real number is actually 150,000. Violent crime is classified as murder, rape, assault, and robbery. And these numbers only pertain to gang members.

Again, in Los Angeles, and I am not purposely picking on the city, there are 6,000 crimes against the elderly per year. There are 60,000 cases of domestic violence, 10,000 of which involve weapons, per year. There are 750,000 alcoholics and drug addicts within the city limits. You can try and say that this is because it's a very large urban area, and big cities have always been that way. That's a nice try, but there are just as many crazies in rural

Protect Yourself

You get yourself, and your family, some non-lethal personal protection tools. I'm talking about personal alarms, pepper spray, super pepper spray, mace, stun guns, mini stun guns, pen knives, and telescopic steel batons. These tools are designed to get you or someone you love out of a bad situation in a hurry, and they don't require that you be a black belt, ninja, or in the best physical shape of your life.

A 100 pound woman with a Wildfire Pepper Spray can bring down a 275 pound man in seconds. A mini stun gun like The Runt can deliver 950,000 volts of electricity that will scramble all a mooks circuits and leave him on the ground like a twitching roach. A blow from a steel baton will break bones. I'm not talking about going out and starting a fight. I'm talking about being able to defend yourself when needed. Sometimes all you may need is the sound of a personal alarm, and at other times you may need something with some hellacious kick.

Personal Protection Tools

Personal protection tools are designed to temporarily immobilize an attacker while you get the hell out of the area. They wear off after 20 to 30 minutes, and cause no permanent damage. They are easy to operate and access. Many of them are designed to look like cell phones, PDAs, or pagers. You can hide a number of models in the palm of your hand, giving you the element of surprise.

Remember, personal safety begins and ends with you. By the time police arrive, the damage has usually been done. Stay aware, alert, and have a plan.

For more information visit
www.bigkahunasecurity.com

One in every seven people will be the victim of a violent crime.

Violent Crime is Everywhere

He is truly oblivious to the world we really live in. There is only one statistic you need to keep in mind, although I can certainly string a number of them together if you want to argue. That statistic is this: One in every seven people will be the victim of a violent

America as in Los Angeles.

I live in beautiful suburban Virginia. I can name three instances where a mook in a van tried to pick up my daughter and her friend while they were under the age of ten. Many other parents here have had similar experiences. So the question is: How do you protect yourself and your family?

Got Flab? Get Abs!

Introducing: The first ever program that gives you the powerful, ripped and supremely conditioned abs of a gymnast.

By Andy Baran



I know what you're thinking – not another abs program promising to give you great abs. Well, you're half right. This program WILL give you the strongest abs around but it's hardly your typical abs program. Here's how my abs went from weak and flabby to strong and lean. What I did was so different and unique than the usual ab training:

Why Most Ab Training Sucks

I had always HATED training my abs because typical ab training sucks. Here's why:

- 1. It's Painful.** It was always the most unpleasant feeling, not that good feeling of muscles working hard.
- 2. It's Boring.** How many reps of a typical abdominal exercise can you do before you want to kill yourself? Is the only way to get results is to do 1,000 reps?
- 3. It's Ineffective.** Boredom and pain but you're still not going to get results. I know because I've been there. I did everything I was supposed to do but my abs were still fat and weak. I wasn't getting real world, functional abs.

But my twin brother **Eddie Baran**, a gymnast and coach, told me that the only way to build superior abs is to train like a gymnast.

The Strongest Abs in the World

It's well known that pound-for-pound a gymnast has the strongest body in the world. One of the reasons he is so powerful is because he trains his abs in a unique way that makes him as strong as steel.

Look at the strength skills a gymnast does, how he moves, how agile and powerful he is. To do this he must have the strongest abs in the world.

Believe me, gymnastics is not just a bunch of short guys throwing themselves around. It's a sport that requires a tremendous amount of strength and control, especially in the core. This is real world functional strength at its best.

Compare that with your pumped up bodybuilder with huge bloated muscles. This freak might look powerful but he'd break into a thousand pieces if he attempted any gymnastic skill.

Same goes for the pretty boys who grace the men's fitness magazines. Those aren't REAL abs. They might look good but they won't stand up to a test of real strength.

Training your abs like a gymnast is the only way to get them as functionally strong as possible.

The Secret to Killer Abs

So what makes a gymnast's core conditioning so spectacular and effective?

- 1. The Best Ab Exercises** – A gymnast does the exercises that not only enable him to do incredible strength feats but protect him from serious injury. These exercises have to be good otherwise not only won't he be able to do much, he might get break and even die.
- 2. The Best Training Method** – It's not only the special exercises but also HOW a gymnast does them. A gymnast can take the most basic exercise and turn it

into gold. Imagine what happens when you get a great exercise and do it in a spectacular way!

- 3. Progressive Goal-oriented Training** – The key to gymnastic ab training is progression. You progress from a simple exercise to a more difficult one. This not only ensures you gain strength but also keeps you enthusiastic about working out.
- 4. Total Body Training** – When a gymnast trains his abs he's training his entire body. The exercises you do and how you do them create a connection of all muscles in the body.

Applying the Secrets

Eddie then trained me in these gymnastic ab exercises and in no time I got a strong and muscular core like a gymnast. My flabby belly was replaced by a hard rock six-pack. I was so thrilled with the results that I told Eddie he's gotta share this program with others. Other than gymnasts, no one trains abs like this. There would finally be an abs program that gave real results.



Andy Baran before *Gymnastic Abs*.



Andy Baran after *Gymnastic Abs*.

So Eddie and I have created a new program on building a supremely strong and powerful core: a core so strong and conditioned that your entire body will become like steel, every muscle will be connected to each other making your entire body one solid piece of steel. Plus you will finally get that ever elusive six-pack.

We call this new program **Gymnastic Abs!**

Now, for the first time ever, YOU can have the abs of a gymnast – the strongest abs on the planet. This information is what Eddie teaches his athletes, his clients and how he trained me. I've gone through his training and I've become an expert in abs myself. And so can you!

More on why **Gymnastic Abs** is the best:

- **Easy to Follow Progressions** – Progress quickly and effortlessly. No gymnast starts out at the top; he's got to create a foundation and build up to greatness. You will do the same thing.
- **No Equipment Needed** – You can do every exercise in your home, in the gym or outside. All you need is your body and the program. Leave the rest up to us and simply follow our instructions.
- **Quick Workouts** – These extremely effective and time-efficient exercises can be done during a normal workout, or whenever you like. Gymnasts have many other things to train so need the biggest bang for their buck when they condition. That means the least amount of time with the best results. No more 2,000 rep workouts for nothing.

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Gymnastic Abs is for everybody – men, women and children of all ages and abilities.

Take a look at what some others say:

Your **Gymnastic Abs** is a tremendous course. I am so excited about the gains I am making and the results. Gymnasts are truly the strongest athletes in the world.
Tony Carlson – Chicago, IL

Great work on the **Gymnastic Abs**. I'm seeing the difference in 2 short weeks! I'm finding the course brilliant and it shows all the faults my own abdominal programme had. I'm using it with my personal training clients.
Marc Crowley – S. Wales, UK

I recently received **Gymnastic Abs**, and it's amazing! I can already see a big difference in my abdominal appearance and strength.
Daniel Feldman – Bronx, NY

Gymnastic Abs is great! I was in the doctor's office the other day, lying on the examining table and my doctor asked me how my abs got so hard. He said I've got the hardest abs of any his patients – and I'm 59 years young!
Steve Austin – Sanford, NC

I started **Gymnastic Abs** a couple weeks ago and it's simply the greatest routine I've ever done. My abs are firming up like never before and it's having wonderful knock-on effects, like making tough exercises easier.
Sean Ring – London, UK

Getting your **Gymnastic Abs** was one of the best things I ever did! I've always know you need a strong core for supporting a healthy body. I've noticed a big difference in my core strength in a short time.
Tom Horn – Topeka, KS

I think **Gymnastic Abs** is a really good program for great abs, more than anything I've ever seen before. There are only shallow and superficial abs training garbage things around stores and TV, just for "Good-Looks". I deeply appreciate your program.

Jae-hyun Bae – Seoul, South Korea

Yes, Please Send Me **Gymnastic Abs** for only \$119 plus \$12 S&H with the **FREE eating plan and teleseminar CD.**

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