

Chinese herbal formulas have helped millions of people through the centuries; try our formulas for re-establishing your energy balance.



THE HERBAL COMFORT PROGRAM SINCE 1992

Mark Hammer, C.M.H., is a master herbalist-Asian Medicine, trained at the Scientific American Hanyak Institute.

He began his studies and practice in 1992. He apprenticed under Dr. George Chun, who practiced for 40+ years before handing his knowledge to Mark.

His chief objective is to share the medical secrets of Traditional Asian Medicine with the U.S. In particular, he is researching & formulating master herbal formulas that benefit the primary diseases that plague mankind.

Call or email us. There are many more energy formulas that re-energize and wake up the internal organs to do their function. Feel free to visit us on our web page, listed below.



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Brochure statements are based on the records approved by The Chinese Administrative Bureau of Traditional Chinese Medicine. The Food and Drug Administration of the United States have not evaluated this statement. Our products are not intended to diagnose, treat, cure or prevent any diseases.

ADRENAL & CHRONIC FATIGUE

Master Formulas

Re-invigorate Your Life Force



LONGEVITY MOUNTAIN

Proven Path to Natural Health

NATURAL ENERGY FROM NATURE

One million Americans reported having adrenal or chronic fatigue problems. This mysterious illness holds captive more people in the U.S. than multiple sclerosis, lupus, lung cancer or ovarian cancer.



However, this imbalance may show with the following **primary characteristics**:

1. Extreme exhaustion lasting more than 24 hours after physical or mental exercise
2. Unrefreshing sleep
3. Substantial loss of memory / concentration
4. Unexplained muscle pain
5. Pain that moves from one joint to another without swelling or redness
6. Headaches: new type, pattern or severity
7. Sore throat
8. Tender neck or armpit lymph nodes. Painful and mildly enlarged lymph nodes in your neck or armpits

Additional Signs (Unofficial):

- Abdominal pain
- Allergies/sensitivity
- Noise sensitivity
- Bloating
- Chest pain
- Chronic cough
- Diarrhea
- Dizziness, balance problems or fainting
- Dry mouth
- Earache
- Irregular heartbeat
- Jaw pain
- Morning stiffness
- Nausea
- Night sweats
- Depression, irritability, anxiety & panic attacks
- Difficult breathing
- Chills & tingling sensations
- Visual problems
- Weight loss/gain
- Insomnia

Longevity Mountain strives to correct the problem at its source using natural solutions.

The problem is **STRESS** and our body's reaction to it. You are not crazy as some doctors might lead you to believe. You have to attack it at its source. Most of the time, relief is only two hours away. Of course, there isn't a magic bullet but the following Traditional Asian Medicine remedies are very effective for exhaustion.



VITAL QI

This formula is beneficial for the weak & debilitated person. Vital Qi is especially helpful for the middle to elderly aged person who needs to boost their body energy. Normally, the Qi weakens over one's lifetime. This master formula focuses energy to the lower portion of the body (below navel-legs). It is an overall tonic to add to other lower body formulas. Also benefits prolapse, fatigue, excessive sweating and hernia.



REFLUX COMFORT



Rejuvenates the upper digestive tract. Emphasis on the Pyloric (end of stomach) and cardiac (top of stomach) sphincters, which contain the digestive juices and food at both ends of the stomach are brought back into balance. **Reflux Comfort** strengthens the digestive container while assisting the digestive system's energy to drain downward rather than the reflux or upward energetic release.

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VITAL YANG



Vital Yang is a 100%, all natural, revitalizing formula. Vital Yang opens all the channels, nerves, vessels to peak performance. Vital Yang

allows more blood and oxygen to move quicker through the body thus alleviating fatigue, immune deficiency and digestive disorders. Vital Yang raises and balances the hormonal environment for increased stamina and physical strength.



SPASMALIN

For overall connective tissue and muscle tightness. Spasmalin speeds up the recovery process on a cellular level. Spasmalin reduces painful spasms in the muscles and the sinews. Benefits: hands, feet, thigh and calf spasms or cramps, chronic pelvic inflammation, intercostals and trigeminal neuralgia, shortness of breath, fatigued, abdominal spasm, muscle contractions (tremors, seizures) and numbness of lower extremities. Spasmalin opens up channels, blocked off from energy.



HEART COMFORT

Heart Comfort provides direct nutrition supporting the heart, spleen and the body's energy. This results in an improvement in the body's ability to detoxify itself which relieves:

- Chest pain & constriction
- Irritability & depression
- Panic & anxiety attack
- Palpitations (Irregular heart beat)

