

Herbal formulas have helped millions of people through the centuries; try our formulas for your health.

## 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 with more than 40+ years experience.

For fifteen years his objective remains 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.

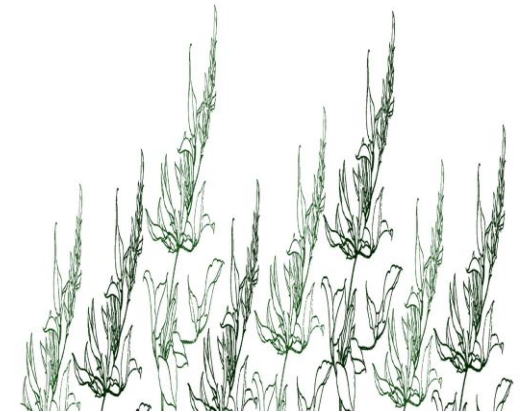


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## GRAND MASTER HERB HEALTH FORMULAS



**LONGEVITY MOUNTAIN**  
*Proven Path to Natural Health*

## REAL HEALING POWER FROM NATURE

Herb Master Formulas, that really work, 10 Grand Master Formulas to sustain life!

### FEMALE SOOTHE



Female Comfort balances production of estrogen & progesterone, cleanses blood, energizes, warms extremities, improves fertility, calms mood, benefits stamina, memory and concentration, softens skin, normalizes menstrual period.

### 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:

- Food stagnation
- High cholesterol
- High blood pressure
- Irregular heart beat

### ADULT REVIVE

#### The Regenerator

First, it builds the immune system. This formula is excellent for a weakened elderly man or woman due to high blood pressure, increased blood sugar, impotence, tinitis, night perspiration and kidney problems. Benefits: aging related to cold in the body or circulation deterioration.



### BODY FORCE



#### Immunity Re-Builder

Body Force energizes the body to normal levels, stimulates red and white blood cell growth and naturally oxygenates the blood. The result — a stronger immune system.

### LOWER BACK/ LEG RELIEF



This formula tonifies the lower body's energy, Benefits: heavy sweating, body heaviness sensation, water retention, urination difficulty, strengthens tendons, leg pain & numbness, lower body aches (trunk, legs), abdominal fullness.

### SHOULDER & ARM COMFORT



Opens and restores strength and circulation to the shoulder, arm, elbow, wrist and hand. Improves: Carpel tunnel, tennis elbow, numbness of skin and muscles, painful joints, arthritis complaints in the upper extremities.

### NOSE/ALLERGY COMFORT



Nose & Allergy Comfort is effective for nasal inflammation, nasal polyps, allergies & drainage. Strengthens the immune system & clears mucous by fortifying the blood. Benefits mild to extreme symptoms.

### WATER RETENTION RELIEF

Water Retention Relief assists the body in eliminating excess fluid retention. Those with retention in the abdominal area will pleasantly be surprised by the ease at which the fluid is drained off. Excellent natural diuretic.

### NECK COMFORT



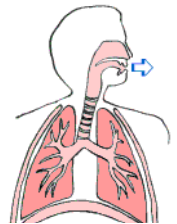
This formula opens the channels (arteries, veins, capillaries, lymph system) to cleanse the stasis of body fluids surrounding the neck.

### VITAL QI

This formula is good for the weak & debilitated person. Vital Qi is especially helpful for the middle to elderly aged person who needs to boost their Qi or body energy. It is an overall tonic to add to other lower body formulas. Also benefits prolapse, fatigue, excessive sweating and hernia.

### BREATHE EASY

This master formula fortifies the lungs, eliminates phlegm and ceases the coughing reflex. Breathe Easy relieves chest pain, wheezing, relaxes difficult breathing, opens breathing passages. Benefits: Lung deficiency, oxygen deprivation, excess lung mucous



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