

Chinese herbal formulas have helped millions of people through the centuries; try our formulas for your weight reduction.

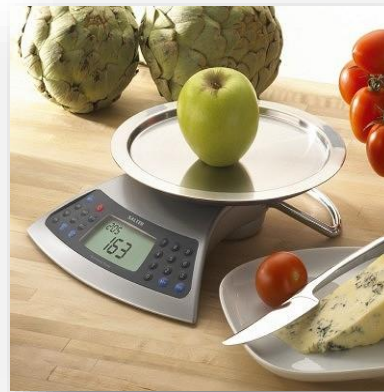


## LONGEVITY MOUNTAIN PROGRAM SINCE 1992

Mark Hammer, C.M.H., is a master herbalist, trained at the Scientific American Hanyak Institute as an apprentice under Dr. George Chun. Dr. Chun had practiced over 40 years before handing his weight loss knowledge to Mr. Hammer. Mr. Hammer began his practice in 1992

His chief objective is to share the medical secrets of Traditional Asian Medicine with the U.S.

In particular, he enjoys researching and formulating master herbal formulas that benefit the primary ailments that plague mankind.



# WEIGHT LOSS 智 DETOX PROGRAM



### Mark Hammer CMH, CHU LONGEVITY MOUNTAIN

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**LONGEVITY MOUNTAIN**  
Proven Path To Natural Health

## REAL WEIGHT LOSS FROM NATURE...



66% of adults in the United States are overweight, and 30.5 percent are obese, according to data from the 1999-2000 National Health and Nutrition Examination Survey (NHANES).

Longevity Mountain has devised a complete program for losing unwanted fat, liver detoxification and excess body types. The Weight Loss Program entails customized assessment, personal diet based on your constitution according to Traditional Asian Medicine (TAM), coaching, education, follow-up & adjustment, and support from effective master herb formulas.

The Longevity Mountain regimen concentrates on liver fat removal, transportation of body fluids, creating an environment designed for maximum fat reduction with the least stress.

Longevity Formulas have real solutions to your weight loss needs...that truly shed the pounds at a healthy pace!

## HUNGER PANG COMFORT



The single #1 dieting problem people have are the hunger sensations that trap people into binge eating. This formula brings the blood sugar levels back to balance, naturally. Hunger Pang Comfort benefits digestive hormone imbalance due to low caloric intake.

The compound promotes circulation within the internal channels—arteries, veins and capillaries. Hunger Pang Comfort soothes, enabling you to make the right choices,

which furthers your desired weight-loss goals.

## SLIM COMFORT

This formula helps melt internal body fat and relieves food retention—accelerating loss of weight. Slim Comfort provides for increased villi activity (metabolization of fat) while expelling toxins. Flattens your tummy overnight.



## LIVER SUPPORT

Our Chinese herbal secret to weight loss optimizes your internal organs for increased fat metabolism.

The Liver Regenerator. This master formula is excellent for balancing the liver-pancreas-spleen relationship. This formula adjusts for liver balance while assisting toxins and fat out of the specific liver channels. Once the liver has eradicated toxins and fats then the stored fats on the body are targeted. Liver



Support formula has shown to improve Ascitis (bloating in the stomach and water retention).

## WATER RETENTION RELIEF

This master formula is made primarily for swelling in the abdomen and pockets of fluid stasis in the body. The composition naturally fortifies the kidneys, enabling them to clear excess dampness in the body. The retained fluids begin evacuation within 1-4 hours.



## MULTI-VITAMIN

AZV is the finest total food supplement available today. The water soluble vitamins are in a hard gelatin capsule. Those taking this product will experience a sense of overall well-being. These vitamins are derived from natural food sources and need not be taken with food. **INGREDIENTS:** RNA/DNA Liver Factors; Rose Hips; Kelp; Linseed Oil; Vit. A; Vit. D; Vit. E; Vit. C; Calcium; Niacin; Phosphorus; Iron; Vit. B-1 (Thiamine); Vit. B-2 (Riboflavin); Magnesium; Vit. B-6 (Pyridoxine HCl); Pantothenic Acid; Potassium; Zinc; Manganese; Vit. B-12 (Cyanocobalamin); plus Lemon Bioflavonoid, Autolyzed RNA/DNA Yeast.

## MINERALS

This formula (*MIN*) is born in the cradle of life, the ocean. Using a base of desalinated sea water for trace minerals, it contains (along with herbs) all forty-four of the minerals necessary for a healthy body. This is a complete mineral formula. **INGREDIENTS:** Great Salt Lake Water; Calcium Carbonate; Horse Tail; Magnesium Oxide; Calcium Lactate; Calcium Citrate; Irish Moss; Magnesium Chloride; Red Root; Zinc Chelate; Kelp; Manganese Chelate; Iron Chelate; Vit. C; Iron Aspartate; Potassium Bitartrate; Copper Chelate; Manganese Picolinate; Zinc Picolinate; Molybdenum Chelate; Vanadium Chelate; Chromium Chelate; Selenium Chelate.

## HIGH SPIRITS

High Spirits contains a unique blend of herbs known to help calm your nerves, reduce stress and help you feel good about yourself.

Eases the tension around the heart area. Calms the mind without any depressant effects. Healthy alternative for palpitations, anxiety, anxiety attacks, emotional upset, hypo & hyper mania. Tonifying formula, which nutritiously, eases agitation and depression, placing you in the zone. High Spirits, the feel-good formula.

