

Chinese herbal formulas have helped millions of people through the centuries; try our formulas for your immunity and respiratory health.

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 secrets 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.



**Mark Hammer CMH, CHU
LONGEVITY MOUNTAIN
HERBS**

9614 Vilven Ln.
Houston, Texas 77080

4 Sunset Dr.
La Luz, NM 88337

832-691-5333

herbmaster@traditional-chinese-herbs.com
<https://traditional-chinese-herbs.com>

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.

COLD & FLU **COMFORT**

***Get Relief Now
While Raising Your
Immunity***



LONGEVITY MOUNTAIN
Your Proven Path to Natural Health

NATURAL HEALING POWER

Sneezing, scratchy throat, runny nose - everyone knows the first signs of a cold, probably the most common illness known. Although the common cold is usually mild, with symptoms lasting one to two weeks, it is a leading cause of doctor visits and of school and job absenteeism.

- In the course of a year, individuals in the United States suffer 1 billion colds.
- In 1996, colds caused 45 million days of restricted activity and 22 million days lost from school, according to NCHS.

**Very real relief from Asian
Medicine...Allows your body to win!**

BODY FORCE

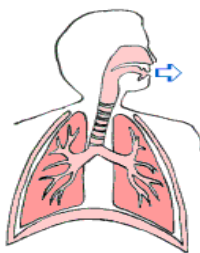


Immunity Re-builder

Body Force warms the body and thus removes cold. By replenishing the blood, opening the channels, cooled, old blood is reinvigorated, quicker. 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.

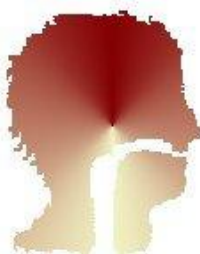
Benefits: Restores the body from flu/cold (initial stages-24 hrs.), improves strength, increases appetite & weight, tidal fever, warms cold hands & feet, improves complexion, post surgery weakness.

BREATHE COMFORT



This master formula fortifies the lungs, eliminates phlegm and ceases the coughing reflex. Breathe Comfort circulates the lung's energy throughout. The formula opens up the lung's alveoli while providing more nourishment to the organ so it can perform its function more effectively. Breathe Comfort relieves chest pain, wheezing, relaxes difficult breathing, opens breathing passages thus allowing balance of nitrogen, oxygen and carbon dioxide gases. Benefits: Lung deficiency, oxygen deprivation, excess lung mucous

LARYNGITIS COMFORT



Laryngitis Comfort soothes the irritation and swelling of the voice box and the area around it. This master formula recovers voice loss and distortion by combining a topical formula with an internal formula.

Common in late fall, winter, or early spring, Laryngitis is usually caused by a virus or by bacteria. People who are most vulnerable smoke, have allergies, or strain their voices by yelling, talking, or singing

Benefits: hoarse, low voice, and a scratchy throat, voice loss, sore throat, throat lump.

NOSE&ALLERGY COMFORT



Nose & Allergy Comfort sets up screen barrier against invasion. Effective for nasal inflammation, nasal polyps, allergies & drainage.

Strengthens the immune system & clears mucous by fortifying the blood. Benefits mild, moderate to extreme symptoms.

COLD COMFORT



Cold Comfort is based on a 300+ year-old formula, which has stood the test of time as a favorite for improving cold & flu symptoms. Cold Comfort is effective for the early cold stage (24 hours) symptoms, (initial aches and pains, stiff neck, sniffles, sneezing, cough, weakness, headache, fever, etc.

FLU COMFORT



Flu Comfort halts flu and common cold symptoms when the illness advances beyond 24 hours. This formula is effective for swollen glands, fever, and sinus congestion or discharge. Clears fever, toxins, cough, nasal congestion & discharge, chills, headache, sore throat, red eyes, back & neck stiffness, achiness, swollen lymph glands, ear infection, sinus infection and viral pneumonia. Flu Comfort is an excellent preventative when exposed to flu or cold.

PERSONALIZED HEALTH

(832) 691-5333

<https://traditional-chinese-herbs.com>