**Assignment by Valerie Dansereau**

**LOOK, FEEL AND PERFORM LIKE A MAN HALF YOUR AGE IN A FEW SHORT WEEKS WITH ONE SIMPLE CHANGE!!!**

***DISCOVER HOW TO REGAIN YOUR YOUTHFUL ENERGY AND SAVE YOUR FAILING HEALTH***

*Teaser copy: Inside! How you can recapture the health, energy and libido of a man decades younger …it’s easier than you think!!!*

Dear Health-Conscious Friend:

Imagine jumping out of bed bursting with energy. You can’t wait to face the day. And whether your day includes working long hours or playing hard, you aren’t going to run out of energy.

Imagine looking so good that as you walk down a busy street, a series of attractive women turn to watch you pass. Some smile…at least one winks.

You smile to yourself because you have a secret. The secret of regained vigor and vitality.

And best of all, when you head home to your sweetheart, you know your performance won’t disappoint her. Or you. She’ll look at you with those adoring eyes.

Like she used to.

**SOUND IMPOSSIBLE?**

I can almost hear you sigh as you open your eyes and come back to reality. You wish you turned women’s heads…but you don’t. You wish you were bursting with energy…but you aren’t.

Do you think the best years of your life are behind you?

*They don’t have to be!*

You can once again be bursting with energy and vitality. You can be the man who keeps up with your kids, satisfies your sweetheart and has the energy to pursue goals dear to your heart.

Let’s talk for a minute about why you are sluggish in the first place.

Let’s look at where you are today, along with most men your age.

Typical middle-aged men experience some disturbing symptoms…aches and pains…lack of energy…declining libido.

The bad news is that these are signs that the aging process is well underway.

But the fact that you lack energy, and that your sex drive has plummeted aren’t really your biggest problems.

Subtle signs of deterioration can signify something much more ominous.

They can be signs that your health is *failing.*

A general feeling of ill health needs to be addressed and corrected…before it’s too late.

**A PERSONAL STORY ABOUT FAILING HEALTH**

There are personal reasons why failing health is of utmost concern to me. My name is Dr. Martin Smith, and I am the director of the Martin Smith Clinic and Health Awareness Center. I have dedicated my life to researching men’s health problems, with a special focus on improving the quality of life for men as they age.

I have spent many years undergoing the study of natural healing. That wasn’t my original intention. I obtained my medical degree from John Hopkins University, and expected to pursue a career as a medical doctor.

That all changed when my own father began to deteriorate almost right before my eyes. He changed from a strong, robust, masculine man to someone else, someone almost unrecognizable, compared to the man he used to be.

He became feeble….

Sluggish….

Apathetic…

His decline was both physical and mental, and even though it almost appeared that he deteriorated overnight, in my heart I knew that the decline had been coming for a number of years.

His decline wasn’t sudden at all.

It was GRADUAL.

It started long before he…or I…or anyone else knew anything was wrong.

I began to dedicate my life to understanding what had caused his health problems. I felt like I was sitting by helplessly as he aged and eventually died. I couldn’t shake the feeling that a lot of what went wrong with his health could have been prevented. And I began to notice that what happened to him happened to a whole lot of other men too.

**INSIDIOUS DISEASES THAT PLAGUE MIDDLE-AGED MEN**

While I tried to determine what exactly had happened to my dad, I became aware of other troubling facts about men in general. By middle age, a large number of men are facing MAJOR health problems.

And many of them don’t even know it.

The first signs of many major illnesses are vague or barely noticeable.

Probably the most common symptom of most major illnesses is *fatigue.*

Lack of energy is a symptom that you should not ignore. It could signify a major health challenge, possibly even **a life-threatening illness**. Fatigue is your body’s way of telling you that something needs to be corrected.

The Men’s Health Network reports that men die at higher rates than women from ALL of the top 10 causes of death, which include heart disease, cancer, accidents, respiratory disease, liver disease, kidney disease, diabetes and suicide.

Vague symptoms – such as fatigue or a general feeling of malaise – are often the only hint that something is going wrong.

And many men never report these symptoms to their doctors. The symptoms of major illnesses often develop so gradually that they are easy to ignore or attribute to the aging process, as if slowing down was an inevitable part of life.

Slowing down is probably a sign that something needs to be fixed.

Let’s talk about a few specific illnesses and the insidious way these diseases develop.

Cardiovascular disease for example, affects millions of men and is the leading cause of death for both men and women. More than two million people have a heart attack or stroke every year. According to the CDC, more than one in every four men who died in 2006 died from heart disease. The CDC also reports that half the men who died suddenly from coronary heart disease had no previous symptoms.

*No previous symptoms!!!!*

In other words, there is a pretty good chance that you may already have heart disease and don’t even know it. Or that the vague symptoms you are already having are your body’s way of trying to tell you something.

Other debilitating illnesses also develop in a slow and insidious way over the course of many years. They may appear to come on suddenly – but they really developed slowly and silently. Examples include some forms of cancer and diseases exhibiting mental decline such as Alzheimer’s disease. Over 5 million Americans are living with this debilitating illness.

Is getting these diseases just bad luck?

Nope.

These are just a few examples of diseases that develop gradually and take many years to manifest. They are called long-latency diseases.