

## A Key Factor In Health

(NAPSA)—According to a new book, people can reduce their risk of death from heart attacks and strokes by 50 to 80 percent (while lowering their risk of premature death from all causes by 50 percent), all within just 60 to 90 days.

How to Add 20 Years to Your Life and Life to Your Years with 12 Simple Lifestyle Changes

# THE H FACTOR SOLUTION\*

*\*(Homocysteine, the Best Single Indicator of Whether You Are Likely to Live Long or Die Young)*

JAMES BRALY, M.D.   
& PATRICK HOLFORD

In *The H Factor Solution* (Basic Health Publications, \$14.95), bestselling authors and health researchers James Braly, M.D. and Patrick Holford describe homocysteine, an amino acid in our bodies that is toxic when elevated and now known to be a predictor and cause of a great percentage of heart attacks and strokes. They explain how to measure and interpret your homocysteine level and how, by following the H-Factor Solution—a combination of nutritional supplements, diet, and lifestyle—you can significantly and quickly lower elevated homocysteine into the safe zone and reduce your risk of strokes, heart attacks, cancer, Alzheimer's disease, and premature death from other causes.

*The H-Factor Solution* is available in bookstores, Internet bookstores, health food stores, and by calling 1-800-575-8890.