

Chinese herbal formulas have helped millions of people through the centuries due to emotional challenges and disharmony.

THE HERBAL COMFORT PROGRAM SINCE 1992

Mark Hammer, C.M.H., is a master herbalist-Asian Medicine, trained at the Scientific American Hanyak Institute. Secret formulas were handed down from one master to another (20+ generations), eventually to rest with Mr. Hammer's mentor, George Chun.

Before passing on, Dr. Chun requested that he reveal his most treasured formulas. Mr. Hammer began his studies and practice in 1992 and is actively engaged to share on his promise.

Currently, Mr. Hammer, looks forward to sharing the medical secrets of Traditional Asian Medicine with the U.S., benefiting both men and women. In particular, he is researching & formulating master herbal formulas that benefit the primary ailments that plague mankind

Statements in this brochure 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.



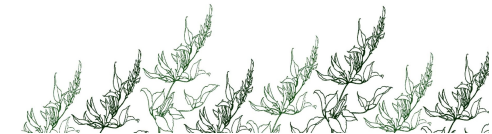
LONGEVITY FORMULAS

3214 Winrock Blvd.
Houston Texas 77057
Phone (713) 822-2655

herbmaster@herbhealthcare.net
<http://www.herbhealthcare.net>

EMOTIONAL HEALTH

Master Formulas



LONGEVITY FORMULAS

Proven Path To Natural Health

REAL UPLIFTING POWER FROM NATURE

Herb Master Formulas, that really work, providing a complimentary response to emotional difficulty ...

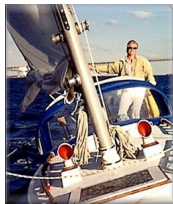
HEART COMFORT



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

after stroke. **Heart**

Comfort opens the chest areas performing the above description in about 45 minutes. **Heart Comfort** opens or naturally vasodilates the vessels allowing blood to flow.



HIGH SPIRITS

When you're down this is what you want to raise your spirits. Everybody's had one of those days. You're so

stressed your teeth hurt, so irritable you feel like crawling in a hole. Well, snap out of it! It's time for High Spirits the herbal formula that can really help put a smile back on your face! No kidding.

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

ADD/HYPERACTIVE COMFORT

Get the focus and calmness you need to perform in your life.

Attention Deficit Disorder (ADD) is the most commonly diagnosed behavioral disorder of childhood, affecting an estimated 3% to 5% of school aged children. A/H Comfort relieves symptoms characterized by:



- Reduce hyperactivity & restlessness
- Calm, soothe & reduce mood swings
- Improve concentration, memory and attention span
- Improve alertness and mental focus
- Calm over-active minds
- Reduce impulsiveness and aggression

AUTISM RELIEF



Autistic disorder, or autism, is a disorder resulting in social, language, or sensorimotor deficits. Autism occurs in approximately seven of 10,000 persons. Autism is frequently associated with fragile X syndrome

and tuberous sclerosis, and may be caused by lead poisoning and metabolic disorders. Children with autism often suffer from mental retardation, seizure disorder, and psychiatric disorders. Longevity Formulas understands the need for customization, in-depth assessment and planning.

DEPRESSION RELIEF

Find your old self! This condition is seen in men 55-65 years of age and is associated with a decline in function due to age in the body's endocrine glands. Because of the gradual decline of the kidney qi, essence and blood becoming insufficient and the *vital blood* becomes exhausted. This then leads to loss of regulation and balance. Thus the liver channel becomes depressed which allows heat to rise. Because heat rises, it harasses the heart essence by drying up the heart channels. Indirectly, the channel blockage interferes with blood flow to the brain.

- Forgetfulness
- Agitation
- Fatigue & depression
- Profuse doubts
- Heart palpitations
- Easy to anger
- Insomnia
- Susceptibility to worry
- Anxiety & melancholy



Alternative Medicine

Longevity Formulas have been developed for many emotional, neurobiological disorders such as:

Obsessive Compulsive	Schizophrenia
Manic-depression	Major Depression
Phobia	Minor Depression
Panic Attack	Hypo-mania