

# How to Take Charge of Your Own Health

Throughout my career, I've considered most of the advice given to individual investors as B.S.

I've been in the professional investment advice advisory industry since 1971, when I first started speaking at major money conferences around the world, trying to help investors separate the investment chaff from the wheat.

In the mid 90s, *Money Magazine* did a feature on the five largest circulation individual investment newsletters, and rated each A–F.

Money handed out only one A grade. Yes, to my investment newsletter, Richard C. Young's *Intelligence Report*.

Not long thereafter, with Matt and Becky in college, it seemed like a good time for Debbie and me to buy V-Twin Harleys to help us to see and understand the country from a different angle. We also bought a pink Conch cottage 90 miles from Cuba, in Key West, the Southernmost spot in the U.S., where we've been for almost 30 years. That's also when I pretty much retired from dealing with the public.

Along the way I have researched on many subjects, my prime targets being retirement investing and our personal health. Listed here are my three recent favorite health books. I strongly urge you to consider investing in all three for your own health and longevity.

1. *What Your Doctor May Not Tell You About Hypertension* – Mark Houston, MD
2. *Grain Brain* – David Perlmutter, MD
3. *The Paleo Cardiologist* – Jack Wolfson DO, FACC

WHAT YOUR  
DOCTOR MAY  
**NOT** TELL YOU  
ABOUT

# HYPERTENSION

The Revolutionary  
Nutrition and Lifestyle  
Program to Help Fight  
High Blood Pressure

MARK HOUSTON, M.D.

associate clinical professor of medicine, Vanderbilt University School of  
Medicine, and director of Hypertension Institute and Vascular Biology,  
Saint Thomas Medical Group, Saint Thomas Hospital

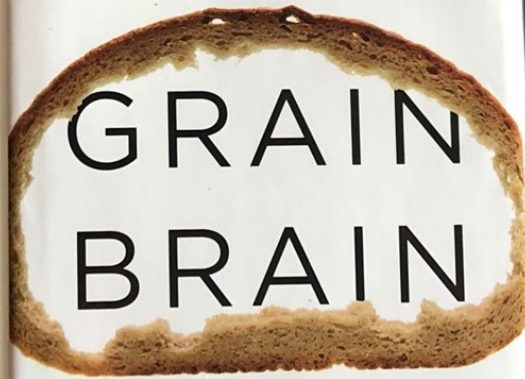
with BARRY FOX, Ph.D.

and NADINE TAYLOR, M.S., R.D.

#1 NEW YORK TIMES BESTSELLER

"An innovative approach to our most fragile organ."  
— MEHMET OZ, MD

*The Surprising Truth About Wheat, Carbs,  
and Sugar—Your Brain's Silent Killers*



DAVID PERLMUTTER, MD

Author of *The Better Brain Book*

WITH KRISTIN LOBERG



## THE PALEO CARDIOLOGIST



THE NATURAL WAY TO HEART HEALTH

JACK WOLFSON D.O., F.A.C.P.