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# **SAMENTO**

## **Health for Everyone**

 **ЛЕЧИТЕЛ**  
2004

*This documentary book collects the reports and statements published in Lechitel Weekly from the international Samento conferences held so far (Sofia, March 22<sup>nd</sup> 2001; London, November 30<sup>th</sup> 2001; Florida, May 10<sup>th</sup> 2002; Sofia, October 10<sup>th</sup> 2003), as well as 252 letters from patients treated with Samento, including some texts from the Nutramedix LLC website and other publications.*

*This first English edition is translated from the first book about Samento in the world - Samento: Health for Everyone, published in Bulgarian in Sofia on October 10<sup>th</sup>, 2003. The English edition you hold in your hands includes the latest data on Samento collected from October 1<sup>st</sup>, 2003 through September 1<sup>st</sup>, 2004.*

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Samento: Health for Everyone

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## THE HERB OF THE CENTURY

Since the beginning of the new millennium **Samento®** has turned into a real worldwide medical event. **No other medicinal plant has received in such a short time such enthusiastic and unconditional recognition on the part of patients, doctors and researchers alike.** And with every passing day its reputation is established with even stronger arguments and its therapeutic range is extended ever more convincingly.

Bulgaria had the enterprise and chance to become the first country on the European mainland to start a regular import of this unique herbal product. We began to apply it on a large scale, as well as conduct continued additional studies. On March 22<sup>nd</sup> 2001 we held in Sofia the First Samento International Scientific Conference, which served as a catalyst for the application and research of the phenomenal herb.

The intelligent and wise readers of Lechitel Weekly, the most authoritative medical periodical in Bulgaria, have been sharing for three years now with our entire reading audience their impressions of Samento, their questions and acclaim, their reflections and suggestions... The column called "Samento News from the Mail of Lechitel" is undoubtedly the most popular, most interesting and most useful one.

During that time through the 30 Lechitel drugstores, as well as the Lechitel Weekly editorial office and the Lechitel Health Center have passed tens of thousands of customers, patients, people asking questions and offering their thanks – including patients from Greece, Turkey, Austria, Australia, the United States, England, France, Israel, Belgium, the Netherlands, Canada, Iraq, Italy, Japan, Russia, Poland, Cyprus, Spain, Macedonia, New Zealand, Finland...

The priceless experience we have accumulated in the use and understanding of the "herb of the 21<sup>st</sup> century" gave us the courage to put together this book about Samento – the first

one in the world.

While not forgetting that medicine is not just Samento, we must know that without Samento it would continue being one sad, confused and very often helpless science for health for a long time yet.

Atanas TZONKOV

October 1, 2003

## SAMENTO: HEALTH FOR EVERYONE

### The New TOA-Free Cat's Claw

Samento – that is how the Cat's Claw (*Uncaria tomentosa*) is called by the Ashaninka Indians who have the most ancient knowledge of the plant. They have been using it to treat dozens of conditions for more than 2000 years and have carefully kept the secret of their most important "life-giving" medicinal plant.

Today they are considered the most reliable source of the herb as they infallibly recognize the healing type (the one that according to laboratory analyses is TOA-free). Without their help the magical vine would have remained unknown to science.

That's why the biggest manufacturer of botanicals from the Peruvian rainforest - Nutramedix LLC - has decided to give its most sensational product, the TOA-free Cat's Claw, its authentic name: **SAMENTO**.

Never has our editorial mail been so overwhelmed with letters, our telephones with calls and our e-mail with messages concerning one and the same subject: Samento. This is not only a Bulgarian phenomenon. We follow daily the information on the website of Nutramedix - and there constantly appear new reports like this one:

"I can't thank you enough for introducing me to your Samento!

I have been **chronically sick** for about 11 years now with episodes of **Epstein-Barr Virus, Candida, fatigue**, etc.

I was a patient of 5 "top doctors" in New York City for about 8 of those 11 years. The remaining time I hopped from one nutritionist or herbalist to another with hopes of getting well and regaining my strength to no avail.

As you recommended to me, I started taking 3 capsules of your Samento each day. I took one upon awakening on an

empty stomach, another capsule in the middle of the lunch and the final capsule about 3 hours after dinner. I have been doing this for only 3 weeks and I am already feeling like a new person! My energy level is fabulous and I don't feel the need to overeat constantly in order to keep my blood sugar stable. My workouts are stronger and longer and I'm already starting to gain my muscle tone back. I've also lost the water retention in my legs that I was bothered by for so long.

Thank you again for your wisdom in helping me get healthy. May God bless you and your staff for being a light and guide to hurting people.

Sincerely,

Annette M. Bianchetti"

In the ten years since we started publishing *Lechitel* we have provided information from the world press on a variety of healing plants but we had never seen such an enthusiastic tone on the part of patients as well as researchers of the miracle plant from the Amazon rainforest.

Probably the day will come when we shall be able to announce the first serious Bulgarian research on the herb that **as far back as in 1993 was defined by the WHO as the most important medical plant discovered in the last three hundred years since quinine was found in the seventeenth century...**

*Lechitel Weekly, No 10, March 8, 2001*  
(With abbreviations)

## Samento And Immunity

### TOA-Free Cat's Claw Strengthens The Body's Immune System

Dr. Marcus Laux is a well-known American naturopathic physician. He received his doctorate from the National College of Naturopathic Medicine (NCNM) in Portland, where he serves on staff as a clinical professor. Dr. Laux is the host of network television series broadcasted in Europe, Canada, and the United States. We publish this interview with small abbreviations.

#### **Q. What's the history of Cat's Claw with the Ashaninka tribe?**

**A.** The most esteemed of the tribe's healers are priests, or sancoshi, who claim to be able to perceive the presence of good spirits or manincaarite (which means "living hidden in water") in certain plants. These good spirits are believed to be responsible for the plants' healing properties.

One of these plants is *Uncaria tomentosa*, a high-climbing, woody vine that grows at the base of tall rainforest trees. Claw-shaped thorns are found at the junction of its leaves, which allow the plant to latch onto the trees and grow very tall. While more than 16 plants with such thorns are called cat's claw, **the Ashaninka have used the root of *U. tomentosa*, their species of cat's claw, for more than 2,000 years to treat illnesses. These illnesses include asthma, bladder infections, infected wounds, arthritis, bone pain, bowel inflammation, and cancer.**

#### **Q. When did Europeans discover the benefits of Cat's Claw?**

**A.** As European explorers ventured into the Amazon River basin in the middle of the 20th century, they became interested in the many botanicals used for health and healing. While they were skeptical of the stories about the Ashaninka priests' perceptive abilities, scientific methods confirmed them.

Scientists used high-performance liquid chromatography (HPLC) to analyze the plant's roots. They discovered "the good spirits of the roots" were important medicinal compounds called **penta-cyclic oxindole alkaloids (POAs)**. Cat's claw's ability to help the human immune system, an incredibly complex and vital part of the body, is the hallmark of this amazing plant.

**Q. How does the immune system work?**

**A.** Our immune systems protect us from infectious diseases, such as colds and flu, and diseases that begin in our cells, such as cancer. The immune system is made up of several organs and many different types of cells, all having specific functions and all working together. These include the thymus, spleen, lymph system, bone marrow, white blood cells, and antibodies.

White blood cells are the most important part of the immune system. There are many types of white blood cells that destroy bacteria, viruses, and cancer cells.

All white blood cells are made in the bone marrow, a spongy tissue rich with nutrients. Immature blood cells formed in bone marrow are called blast cells. Lymphoblasts are immature white blood cells. Some white blood cells then travel to the thymus, where they mature. These white blood cells are then designated T-cells (T=thymus). Other white blood cells remain in the bone marrow where they, too, mature and are called B-cells (B=bone marrow). When lymphoblasts become mature cells, they are called lymphocytes.

B-cells produce and secrete antibodies. Each B-cell makes one antibody that's effective against one specific germ (the common name for a bacteria, virus, or fungus). When the germ is present in the body, the B-cell then further matures into many large plasma cells. Each plasma cell becomes a tiny factory producing millions of antibodies designed to eliminate the germ.

**Q. What are T-cells' role in supporting the immune system?**

**A.** There are several types of T-cells in your body. Helper T-cells are the master switch for the immune system. They alert

the various cells to the presence of germs and launch the attack against them (the immune response). Helper T-cells also produce chemicals that activate B-cells to produce antibodies.

While not enough of an immune response may lead to disease, an excessive response may cause an allergic reaction or an autoimmune disease, such as rheumatoid arthritis. Suppressor T-cells regulate and modulate T-cell activity, maintaining a balanced immune system response.

**Q. I'm curious about a specific T-cell, called the killer T-cell. What function does it serve?**

**A.** The killer T-cell contains granules filled with potent chemicals that can kill on contact. With assistance from the helper T-cell, killer T-cells detect tumor cells and cells infected by viruses. The killer T-cell then binds to its target and delivers a blast of lethal chemicals.

Neutrophils are the most common form of white blood cells. The bone marrow produces trillions of them every day and releases them into the bloodstream. However, their life span is very short; neutrophils generally live fewer than 48 hours. Neutrophils are attracted to foreign material, areas of inflammation, and bacteria. When an infection occurs and lots of bacteria have reproduced in the area, pus will form. Pus is simply dead neutrophils and other cellular debris.

Of all the blood cells, macrophages are the biggest. Macrophage literally means "big eater"; these engulf and digest foreign particles, a process called phagocytosis. Most organs have their own group of devoted macrophages. For example, some macrophages live in the lungs and keep the lungs clean by ingesting bacteria and microbes. Macrophages also travel freely in the bloodstream in search of debris to eat. One of their jobs is to clean up pus as part of healing.

All this immune system action occurs in our bodies every day. It happens as a process, with the white blood cells working together to keep us healthy. The complexity and level of interaction between neutrophils, macrophages, T-cells, and B-cells is quite amazing. And, Cat's Claw root extract helps every one of these vital cells.

**Q. How does Cat's Claw root help the white blood cells?**

**A.** First, certain POAs increase the rate of phagocytosis in macrophages. Macrophages can then ingest more bacteria and disease causing microbes. Scientists also discovered Cat's Claw extract increases interleukin production. This chemical protein is secreted by macrophages and plays an important part in healing wounds and preventing minor infections from becoming major infections.

Perhaps POAs' most important action is their impact on T-and B-cells. Scientists discovered exposing B-cells to Cat's Claw increased the B-cells significantly, resulting in an increased antibody supply.

The POAs in Cat's Claw root extract also increase the number of mature helper T-cells, suppressor T-cells, and killer T-cells, the soldiers of the immune system. They can then more effectively destroy viruses, bacteria, and other disease-causing germs.

However, the release of too many immature T-and B-cells, or lymphoblasts, can make the immune response less effective against germs. These immature T-cells don't have the disease-fighting ability mature T-cells have. Ensuring that B- and T-lymphoblasts develop into mature cells is vital to a healthy immune system. The powerful POAs found in the *Uncaria tomentosa* root not only increase mature lymphocytes, but slow overproduction of T-and B-lymphoblasts, helping create an immune system ready to defend against foreign invaders and disease.

**Q. Is it true Cat's Claw can help combat diseases such as cancer?**

**A.** Cat's Claw root extract has been studied for its ability to help wipe out cancer cells. Scientists discovered POAs help increase the number of killer T-cells. These specialized T-cells not only kill virus-infected cells, but seek cancer cells. Once killer T-cells find a cancerous cell, they bind themselves to it, releasing toxic chemicals inside the cell. These chemicals puncture the cancer cell's membrane, causing it to burst and die.

**POAs also are beneficial to individuals with HIV**

**and AIDS.** HIV attacks helper T-cells. While the body initially makes more new helper T-cells, its ability to replace these cells gradually fades. Without helper T-cells, killer T-cells can't kill infected cells very well. By slowly depleting helper T-cells and making killer T-cells less effective, infections are able to slowly overwhelm the body.

Because the POAs found in Cat's Claw extracts increase production of helper T-cells, researchers studying these powerful plant compounds are confident Cat's Claw has a role in HIV and AIDS treatment.

**Q. Can Cat's Claw help people with autoimmune diseases?**

**A.** In autoimmune disease, the immune system for some reason fails to recognize parts of the body as "self." This failure results in T-and B-cells mistakenly responding to the body's own tissue as if it were a virally infected cell or bacteria. There are several autoimmune diseases, each affecting different types of tissue.

In **multiple sclerosis (MS)**, myelin, the insulation-like covering of the brain and spinal cord, is identified by the immune system as a germ or foreign substance. The myelin becomes inflamed and lesions are formed as the myelin is attacked and destroyed. This myelin destruction causes problems with balance, walking, vision, speech, bladder, and bowel control. The lesions of MS contain many white blood cells, including macrophages, lymphocytes, and plasma cells. Some persons with MS also have sharp declines in suppressor T-cells, just before new lesions are formed.

**Rheumatoid arthritis (RA)**, another autoimmune disease, is caused by an antibody that attacks certain joints, causing them to become inflamed, red, tender, swollen, and very painful. The disease can cause joint deformity and severe disability. These joint changes are caused by lymphocytes, macrophages, and plasma cells that infiltrate the joint in response to the immune system attack.

**Q. If RA and MS are caused by an immune system that's mistakenly producing white blood cells to fight the**

**body's own brain and joints, wouldn't taking Cat's Claw root extract make these diseases worse?**

**A.** At first glance, it would seem so. However, Cat's Claw extract is able to both strengthen a weakened immune system and calm a hyperactive immune system. **In autoimmune diseases, such as RA and MS, Cat's Claw root extract beneficially modulates the immune system.**

The POAs in Cat's Claw root extract do not directly increase B-cells or T-cells. Rather, they encourage the body's own immune system regulators. Plus, researchers have discovered Cat's Claw inhibits damaging chemical proteins found in MS, RA, and other autoimmune diseases.

**Q. Does Cat's Claw have any side effects?**

**A.** Some people may notice some mild diarrhea for the first week or two. This problem generally resolves itself.

Because Cat's Claw hasn't been studied in pregnant or breast-feeding women, these women shouldn't take it.

Individuals who have received an organ or bone marrow transplant, or a skin graft, should not take Cat's Claw. The immune system stimulation might cause transplant rejection.

Perhaps **the most important concern regarding Cat's Claw extracts is to buy a product that's tetracyclic oxindole alkaloid (TOA) free.**

**Q. Why should I avoid TOAs?**

**A.** While the **POAs** in Cat's Claw root extracts **offer numerous benefits to the immune system, TOAs have different effects in the body, none helping the immune system cells. When POAs and TOAs are mixed, the TOAs work against the POAs. Even as little as 1% TOA content can cause POAs to lose their ability to beneficially modulate the immune system. Choose a product with no TOAs or the smallest percent possible.**

**Q. Why do some Cat's Claw products contain TOAs?**

**A.** Chemotype identification takes significant time and costs money. For these reasons, many Cat's Claw distributors don't distinguish between the chemotypes. The POAs and TOAs

are often mixed and sold as a Cat's Claw product. No mention of any alkaloid content is made on many Cat's Claw products' packaging.

**Q. How can I be sure the Cat's Claw I buy is TOA-free?**

**A.** If the product label doesn't give the amount of TOAs, chances are it contains TOAs.

Long-term observations show a **daily intake of Cat's Claw root extract poses no risk, even if used for years.**

*Lechitel Weekly, No 16, April 18, 2002*



## Amazing Action

SAMENTO is a very rare form of the Peruvian medicinal plant called Cat's Claw - *Uncaria tomentosa*. Its properties include immunomodulator, antibacterial, antimutagenic, diuretic, antioxidant, anti-inflammatory, antiviral, antitumorous, cytostatic, depurative, hypotensive and vermifuge. Studies suggest Cat's Claw to be beneficial in the treatment of a wide range of immune system related conditions; these include but are not limited to cancer, arthritis, bursitis, rheumatism, allergies, ulcers, systemic candidiasis, all forms of herpes, diabetes, lupus, chronic fatigue syndrome, intestinal disorders and HIV infection.

Unlike traditional Cat's Claw products, SAMENTO does not contain a group of chemical antagonists called tetracyclic oxindole alkaloids (TOAs) that act upon the central nervous system and greatly inhibit its effectiveness. SAMENTO contains a standardized amount of pentacyclic oxindole alkaloids (POAs) that act on the cellular immune system and demonstrate powerful immune system modulating properties. According to research conducted in Austria, traditional Cat's Claw products may contain as much as 80% TOAs, and as little as 1% TOAs can cause a 30% reduction in immune system modulating properties that POAs provide. This may explain why large dosages, at times far exceeding 20,000 mg per day, of traditional Cat's Claw containing TOAs are required to obtain some results in treating the previously mentioned immune system related conditions.

It is estimated that perhaps as much as 10% of those using traditional Cat's Claw products obtain a proportion of the results they are expecting. In contrast, more than 90% of those using SAMENTO are reporting results, and in many cases the effects are greatly exceeding expectations.

SAMENTO first became available in Bulgaria in January 2001 where dramatic, widespread results came so quickly that within two weeks thousands were using the product. The Lechitel Clinic located in Sofia, Bulgaria estimates that 98% of the patients using SAMENTO are experiencing results. Atanas Tzonkov, director of the clinic states the following:

"Unlike therapies before SAMENTO, SAMENTO itself doesn't try to eliminate some virus or bacterium, nor some disease, but gives the patient energy to fortify and strengthen his own self-healing power that Nature has built into his spirit, mind and body. SAMENTO doesn't act AGAINST, but contributes FOR... Historians of medicine will talk about the age BEFORE SAMENTO and the age AFTER SAMENTO".

This is how Samento's action is evaluated by the winner of 70 international medical awards and honors Prof. Henk Oswald M.D., director of a complementary medicine clinic and Meditest International - Amsterdam, the Netherlands; member of the International Academy of Natural Health Science and chairman of the "Nutrition and Science" Foundation: "Amazing! For colon cancer as well as any gastrointestinal cancer. For arthritis as well as candidiasis of the bowels. SAMENTO works fabulously also for gastrointestinal conditions and Crohns disease. SAMENTO is an astonishing antioxidant that neutralizes free radicals and even the effect of such a harmful oxidant as hydroxyl, which can ruin the body in days."

On July 25, 2001, the Hungarian National Institute of Pharmacy (OGYI), the Hungarian equivalent of the Food and Drug Administration (FDA) in the United States of America, approved SAMENTO as a paramedicament (OTC- over the counter) pharmaceutical preparation. Hungary is a member of the Pharmaceutical Inspection Co-operation Scheme (PICS). Hungarian authorities state that "Samento is approved for use as a sole or adjunct therapy for rheumatoid diseases, arthritis and locomotor conditions. It is also approved as a sole or adjunct therapy to enhance immune system function". Additional medical claims will be approved as ongoing clinical studies continue to provide scientific evidence regarding the medicinal uses of Samento.

# Samento, Welcome To Bulgaria!

## A Pilot Healing The World

Tim Eaton is the founder, owner and president of the US company Nutramedix, the world leader in the manufacturing of products from the Peruvian herb Cat's Claw and the single producer of Samento.

When I first met him at the airport in Sofia he was not the least bit difficult to recognize - with his 2 meters height he was taller by a head than all the other passengers. Dressed in jeans and quite simple clothes, no attributes of prosperity the way we take it here: golden watches, necklaces or thick chains; nothing expensive or glossy. And the same modest way (even by our country's standards) was dressed his beautiful wife Bertha, a Peruvian by birth.

We later found out that this couple cares for and supports not only their two but 80 more children, and that they now build a third successive orphanage in Peru, not only making a one-time donation but taking full care of the raising and education of those children sheltered from the streets. Two months after his visit to Bulgaria, Tim Eaton provided us with 1000 free bottles of Samento worth more than \$40,000 in the USA. Lechitel gave them out to people with severe conditions and part of the results that you're going to hear at today's international meeting in Sofia come namely from these patients.

**Q. Mr. Eaton, how did it all start? How did your company manage to become the number one leader on the world market in just seven years?**

**A.** In 1987 I went to Peru to work as a missionary pilot, flying planes in the rainforest and helping the local people. It was then that I first learned about Cat's Claw - the Indians told me about it. They gave me this advice: "If you ever crash in the jungle and need fresh water for drinking, cut this vine and drink its sap. It's called Samento and we use it to treat a big number of diseases".

I lived in Peru for 5 years, met Bertha, married to her and we both left the country in 1992, returned to the United States and

founded Peruvian Rainforests Ltd. We started the company with the mission of ensuring funds for charity. Then we decided that we wanted to help abandoned children as well as missionaries in different countries that find it hard to financially sustain their activities. Up to now we have been using the better part of our earnings for humanitarian projects in Peru, Pakistan, India, Nepal, Sudan, Romania, and we are hoping to add Bulgaria as well. God has given us this plant and we want to make it accessible to the largest number of people.

**Q. And still you became a leader in the production of Cat's Claw - and in such a short time?**

**A.** Yes, we started in 1993 and by 1995 our sales had grown by 2000 percent. We became the largest company to offer Cat's Claw and the first company in the United States to sell capsules with the herb nationwide. We also started selling raw material to many firms in various countries. In the beginning of 1996 we opened our office in the UK to attend to the European market. In 1997 we changed the name of the company to Nutramedix.

**Q. Last year you launched the new TOA-free Cat's Claw, called Samento, which is more effective than the common Cat's Claw. How did you manage to find in nature that unique type of the medicinal plant Uncaria tomentosa?**

**A.** We are now certain that Samento is the future of our company. We've been studying it for one year and we kept finding new proof that this natural species is even more effective compared to the product made in Austria through forced removal of the TOAs from the plant. The Austrian scientist Klaus Keplinger discovered as early as in the 1970s that there was such a TOA-free Cat's Claw, but it is so rare in nature that Keplinger managed to find in the Peruvian rainforest only separate specimens. That's why he dedicated 20 years of his life to developing a way of separating the TOAs in the lab.

What we managed to do was discover in Peru considerable quantities of wild growing TOA-free Cat's Claw. It is the opinion of many of the doctors and scientists we work with that our Samento is better than the Austrian pharmaceutical because it's natural and contains the whole plant without changing it in any way.

**Q. Is Peru the only place you can find this rare plant?**

**A.** Cat's Claw grows in many places - from Guatemala to

Chili - but this special, TOA-free type is only found in Peru.

**Q. In the past 30 years there have been a lot of scientific studies of the common Cat's Claw in different countries, but is the new TOA-free type already being studied?**

**A.** Yes, right now there's a clinical study going on in Germany and the Netherlands that already showed some very interesting results. It appears for instance that Samento successfully treats herpes infections (both types) in just two weeks...

**Q. This is explicable since Cat's Claw is one of the most powerful immune stimulators.**

**A.** Yes, it is classified by scientists as an immune stimulator but I think this is not quite precise. It would be more correctly to define it as an immunomodulator, an immunoregulator. Because there are people with an overactive immune system and if they take an immunostimulating medicine their condition will get even worse. And Cat's Claw not only doesn't aggravate, but on the contrary - improves their condition.

**Q. To which countries do you export the common Cat's Claw and the new Samento?**

**A.** We sell the common Cat's Claw in 60 countries, with Japan being our largest market. In the United States the number of people using natural products is also quickly growing. But still too many doctors are blind to natural medicine as they have been taught to use only chemical drugs. In order to convince these specialists, we also started clinical studies of the new Samento product in the US, in California. There are scientific studies starting in Japan very shortly as well. In Amsterdam Prof. Oswald has used the common Cat's Claw for the last 5 years and achieved very good results with daily doses of 10,000 to 20,000 mg. Since the middle of last year he's been working with the new TOA-free type and getting much better and quicker results with just 80 to 600 mg daily.

**Q. Do you use your super product yourself?**

**A.** Yes, every day I take one 120mg capsule of Samento for prevention. Everyone should use this product because it can protect you from many diseases as well as the environmental toxins.

*Lechitel Weekly, No 12, March 22, 2001*

## **First Samento International Scientific Conference Sofia, Bulgaria March 22, 2001**

This conference was held just 40 days after the launch of Samento in Bulgaria. At the time this new product that caused a sensation overnight was called **TOA-Free Cat's Claw Super Strong**, and offered in 200mg and 40mg capsules.

Just a year later the producer Nutramedix had to protect this unique product, which became a hit not only in Bulgaria, by patenting it with its original name from its native country Peru: **Samento**. It is now available in 600mg (Extra Strength) and 120mg (Maintenance) capsules.

# The Panacea That Does Exist

**By Atanas TZONKOV, herbalist and healer, editor in chief of Lechitel Weekly and director of Lechitel Health Center (Sofia, Bulgaria)**

Even before SAMENTO appeared on the market, a lot of evidence had been accumulated regarding the helplessness of conventional medicine on the one hand and the unsuspected therapeutic possibilities of the so-called alternative, natural or complementary treatments on the other hand.

If I now focus on Samento, that's because this herb more strongly, clearly and undeniably than any other herb or non-medicinal remedy shows and proves to have an unusually broad healing scope. And even more important, Samento imposes the realization and adoption of new principles, new approaches, new concepts that usher in a new age not only in therapy, but also in medical science as a whole.

In a sense, some time ahead in the future the historians of medicine will talk about the age **BEFORE** Samento and the age **AFTER** Samento. What are the arguments behind such a thesis?

**BEFORE** Samento there were powerful non-steroidal anti-inflammatory drugs that only deceived the patient that they treated him but actually only relieved his pain, meanwhile irreversibly damaging his stomach, intestines, liver or kidneys...

**BEFORE** Samento there were broad-range antibiotics that saved the lives of some seriously ill people but more often along with the germs also destroyed the beneficial gastrointestinal microflora, triggered incurable systemic candidiasis, brought down the immune system, etc.

**BEFORE** Samento there was surgery, radiotherapy and chemotherapy that in the rare cases of healing the sick, defeating the fearful cancer cells and tissues, along with them also destroyed the healthy ones and the patient got rid of the cancer but died from the treatment...

**BEFORE** Samento there were potent corticosteroids that

defeated successfully not only any persistent and inexplicable to medicine inflammation, but also the most enduring creature on Earth – the human...

Unlike therapies **BEFORE** Samento, Samento itself doesn't try to eliminate some virus or bacterium, nor some disease (that's also called a nosological unit), but gives the patient energy to fortify and strengthen his own self-healing power that Nature has built into his spirit, mind and body. Samento doesn't act **AGAINST**, but contributes **FOR**.

For regulating and stabilizing of the psyche and emotions, the nervous system and the hormonal functions. For stimulating and the even more unexplored modulating of the immune system.

These scarcely studied natural mechanisms of prevention and treatment are largely but not completely investigated and explained by a science called psychoneuroimmunology.

Samento interacts with the psyche and the mind, as well as with the cells, the tissues and the body. It has been serving human health successfully even before the birth of modern medicine and this is only one of the reasons why many contemporary physicians are avoiding it, frightened by it, renouncing it without even knowing it. Modern medicine has reached incredible depths, but lost sight of the whole. It gained control of the cell, but lost hold of the human. The narrow experts have reached a high peak, but it proved to be a razor's edge on which the doctor and his patient are balancing between life and death.

Samento offers something different: a new philosophy of health-generating influence on the human – seen as an integral psychophysical and biological system. This is the view of holistic medicine. The human-patient is not treated as a sick ear and a healthy arm, an infected tooth and a sound heart, but as a whole in which every single part and molecule depends on all the other parts and molecules, and health is the dynamic harmony between organs, systems and cells, and also between mind and body, man and man, man and nature and man and space...

**Samento – this is the chance of achieving that harmony called health, as one integral, complex, natural**

**system - THE HERB** – is referred TO, united WITH, applied OVER another integral, complex, natural system – **THE HUMAN**.

To those who'll ask how can a cure-all like this exist when even children know there's no such thing as panacea, I'll answer: a panacea does exist, but...

But there's one reservation.

If we use the term panacea in its literal sense – “a cure-all”, - then of course such thing does not exist. But physicians, pharmacists and medical scientists are using it in the sense that there's no such remedy that successfully cures a large number, for example dozens, of diseases. Scientific medical thought has been ascending to the medical Himalayas for centuries, developing medicines and other remedies against separate bacilli, against specific nosological units, I beg your pardon – diseases, even against particular syndromes...

What an achievement of scientific medical thought – the syndrome! Sounds almost like phantom...

So, such and such pharmaceutical chemical cures such and such disease. And so: scores of chemicals against scores of diseases. The ancient philosophers however do not speak about diseases. Disease is an invention of contemporary medicine. Disease is the peak achievement and the self-burial of the so-called medical science.

And the more medicines it creates, the more diseases it diagnoses, the less healthy people you can meet...

The so-called life expectancy is in no way equivalent to healthy and fulfilling life. That's because too often the benefit of therapy consists in adding years to a person's life (similar to extending pleasure with the help of sex tools, but worse!), the use of which is however doubtful. Years may be more, but what about their quality? What do insulin injections achieve, what do cortisone inhalators accomplish, what about kidney chemodialysis, organ transplantations... Let's just stop here!

Of course – these are achievements. But we know these are regrettable, sometimes even humiliating achievements. And the human, according to the wisest, is thought, speech, laugh-

ter and dignity. These achievements underestimate, ignore, crush down human dignity and it's not an accident that a lot of terminally ill people refuse to be treated by such methods.

**Samento, besides other miracles, also achieves what many are unable to grasp or accept – it keeps, preserves, extends and restores not only health – not any kind of health, - but a dignified health!** A health without cutting off pieces of one's body, without transplanting foreign organs, without poisoning oneself with costly medicines, without treatment that causes other, not less serious diseases, perversely denoted by pharmacists as... side effects.

**Samento has no side effects.** Samento neutralizes (or at least minimizes) side effects from radio- and chemotherapy. Samento fights the errors of medicine and society, called drug-caused diseases, allergies or toxins...

And since people gathered here in this hall – doctors, pharmacists, patients and journalists – would still like to know, by force of habit, what diseases and conditions Samento cures, I'll tell you – almost any kind, so long is their list... So far it enumerates dozens of diseases. This may astonish only people used to think about sickness and health in a conventional and nonproductive way: one cure for one disease. It's a centuries-old delusion of textbook medicine.

From times immemorial remedies are known that heal dozens of ailments. I'll only name a few of them, neglected by deniers of the so-called panacea: **speech**, i.e. **psychotherapy**; **food**, i.e. **disease-fighting diet**; **mumio**; **massage**; **acupuncture**; **royal jelly**, which according to Japanese scientists cures 82 diseases. Long is the list of herbal plants that combat dozens of diseases. And why should that be astonishing (it only astonishes the uninformed!), why should that be impossible! The herbal substance is not some kind of chemical compound, synthesized as a result of 15-year-long efforts by scientists and pharmacists! The herb has been shaped by Nature's elements for millions of years, it contains a still unstudied bouquet of biologically active compounds: enzymes, vitamins, mineral and organic acids, hormone-like substances, alkaloids, gly-

cosides...! Tens, hundreds, thousands of compounds. Some authors argue that the most widely-used herb on Earth – coffee – contains more than 3000 phytochemicals!...

This is perhaps more than all the drugs in even the biggest conventional drug-store!... The vast healing scope and cure-all nature of Samento is also confirmed by its particular effects on my own patients. I'll conventionally divide them into three groups.

**IN THE FIRST GROUP**, consisting of 33 people, I observed the preventive effect of Cat's Claw Super Strong 40 mg (1 capsule daily) on people at risk for **gastrointestinal disorders, influenza and common cold**. The participants were randomly selected, from 20 to 70 year-old. Two of them have chronic digestive problems, but did not take medicines during the 30-day period of observation. The first one, diagnosed with **colitis**, took 1 capsule daily and reported an invigorating effect. The second one suffers from **chronic ulcer of the duodenum**. He took three 40mg capsules a day and claims he's feeling better than any other spring and has **achieved a relief of his headache**. Only one of the participants has been vaccinated against influenza. Although the observation took place at a time when usually gastrointestinal disorders get activated and there was an influenza outbreak in the capital Sofia, **neither of the participants in this group suffered any gastrointestinal crises, nor got the flu**. One of the patients reported the appearance of muscle and joint pains, runny nose and other symptoms of the cold or flu that he managed to overcome in 1 or 2 days with the help of a 3-capsules-a-day dosage.

Almost all the participants from this first group note **they've been feeling more lively, energetic and healthy while taking the herb**.

**THE SECOND GROUP** included 128 participants, both male and female, with various occupations, age and, most significantly, diagnoses. (There's no other way, we still move within the limits of accepted medical terminology...) For the brief period comprising only a few days to a few weeks Samento showed positive, although initial, healing effects for dozens of

diseases and symptoms: **digestive disorders, hypertension, polyneuropathy, headache, rheumatoid polyarthritis, rhinitis, cough, influenza, arthrosis, chronic fatigue syndrome, ovary cancer, colitis, ulcers, herpes zoster, bronchitis, gastric colics, renal polycystosis, stress, diabetes, breast cancer, constipation, lupus, depression, sinusitis, psoriasis, allergies, cystitis, kidney disorders, hepatitis C, MS, asthma...**

I shall shortly present just a few of these cases:

S.L., 50, Sofia

In the peak of the **influenza epidemic** the disease got me bedridden. I had **fever, cold, dizziness, painful joints and muscles, headache, lack of appetite, kidney pains (because of a previous serious kidney disease), cystitis; my temperature quickly rose to 39°C**. Previously in such cases the treatment lasted for weeks, I had to recur to antibiotics and even life-support because of my kidneys...

This time a miracle happened! I started with 1 capsule of Cat's Claw Super Strong 200 mg 3 times daily and with Rooibos tea. The next morning my temperature was 37.5°C and on **the second day I had no fever at all**. On the third day I returned to work – **with no pains, cold, fever, cough or cystitis...**

February 15

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M.G., Blagoevgrad

My mother (80) has **pyelonephritis, thyroid gland nodes, colitis, hypertension**, and she got **the flu...**

She started with one 40mg capsule Samento daily and **promptly became lively and energetic**. She started taking 3 capsules daily and **feels good**.

My father (87) complained of a **pain below the knee**, in the muscles and tendons. The doctor finds it difficult to diagnose. After 2 x 40 mg capsules there is **no more pain!**

Now both of them are taking 3 x 1 capsules and have no

problems.

March 9

\*\*\*

G.I., Montana

I am diagnosed with **leukemia**. The experts prescribe only interferon, but it doesn't help me.

After 2 bottles of Cat's Claw Super Strong 200 mg (3 x 1 capsules daily), **my feet are warm (they were always cold), the haemoglobin has increased from 9.8 to 11.2, the thrombocytes are in the norm...**

March 9

\*\*\*

M.N., 66, Pleven

For years my **digestion** has been out of order: heaviness, flatulence, acids... My **blood pressure** is 160(180) : 120(110). I control it with drugs. I feel **tired** all the time. I have **polyarthrosis and rheumatoid arthritis**, in the morning **my fingers are stiff** and slightly **swollen**. I also have **severe headaches**. 13 years ago in the Clinic for Professional Diseases I was diagnosed with **polyneuropathy**. 40 days ago I had a horrible infection of **herpes zoster** – antibiotics, aciclovir, ointments, analgesics... Real hell! Unbearable pains.

Under the guidance of the healer Atanas Tzonkov I started a treatment with Cat's Claw Super Strong 200 mg. The first evening I took 1 capsule, the next day – two. And I felt an unusual energy. I would almost fly! This scared me and in the evening I didn't take the capsule. From the 3rd day on, I take regularly 1 capsule 3 times a day and **the effect is unbelievable**. By the way, I smoke 2-3 cigarettes a day.

- 1. I haven't checked my blood pressure yet, but I feel good and I stopped the drugs.**
- 2. The fatigue is gone.**
- 3. The morning headache disappeared.**
- 4. The morning stiffness of the fingers disappeared too, so did the swell.**
- 5. The severe pains from the herpes decreased significantly.**

## **6. My digestion has normalized as if by magic.**

**And all these before finishing the first box.** Now I have started the second one...

March 9

\*\*\*

Iva R., Gabrovo

In the autumn of 1999 my husband, 50, underwent a **cancer operation of the kidney**. A year later he had **metastases in the lung**. He was treated with radiation and chemotherapy. The next examination stated **metastases in the liver**.

Now he takes his third bottle of Cat's Claw Super Strong (TOA-free) 200 mg. His dosage is 1 capsule 3 times daily. Before starting this he had **fever (39°C and more), perspiration, cough and expectorated blood**. Since he's taking the herb, **all this has gone away**.

The conventional medicine gave up his case long ago. The doctors even gave up trying chemotherapy. We continue the treatment with Cat's Claw Super Strong 200 mg (TOA-free) and some other supplements.

March 10

\*\*\*

D.E., Veliko Turnovo

My father is 67 and has a **brain tumor**, proven by a MRI scan a month ago. He had 3-4 **seizures** with froth on his mouth... He has a memory disorder too. He was prescribed the drugs tigaretol and depakin for the seizures, but with no effect. His body tingles, he has **joint pains, duodenal ulcer, diabetes** (treated with maninil), **hypertension** (which he controls with drugs)...

After taking Cat's Claw Super Strong 200 mg, 3 capsules daily **for 6 days, the tingle and the seizures disappeared. He feels more lively and alert**. He continues taking the herb.

March 11

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D.S., 50, pharmacist, Rousse

I have a bunch of diagnoses: severe **colitis** for 20 years,

**gastritis** with diminished acidity, **pyelonephritis**, **bronchitis** for 2 years, **malfunction of the thyroid gland**, **permanent fatigue**; **I am in menopause and my blood pressure is low**: 100:70 (90:60)...

I am very satisfied with the Cat's Claw Super Strong. The first 3 days I took 1 capsule of 200 mg daily and felt dizzy... From the 4th day on, I continued with 3 capsules daily. Before finishing the first bottle, I was **literally reborn**. As if I had been in darkness and sleeping till now. And now I am starting to see again. **I feel so much energy**. I am a normal person again. **The results are very good**. Only the bronchitis is not influenced yet, but I get better. Can I take this herb for a year? I don't want to stop it!...

March 12

\*\*\*

D.M., Plovdiv

For 2 years I've been suffering from **hepatitis C**. The doctors, not able to help me, demonstrated my case on the TV.

Now I've been taking Cat's Claw Super Strong 200 mg for a week (3 x 1 caps) and **I am cheerful, I sing songs and do my work. I feel fine. The thrombocytes were 58, now they are 75**, the other blood values which were not influenced by drugs, are normal now.

March 16

\*\*\*

D.N., Kazanlak

My husband is 53. He has **testicular cancer with metastases in the liver**. He underwent surgery but the disease doesn't yield.

He takes some supplements and Cat's Claw Super Strong 200 mg (3 x 1), the fourth bottle now. **The pains stopped**... We hope.

March 17

\*\*\*

L.T., Pazardjik

In 1999 I had **my left breast amputated**. For one year I've been having **coxofemoral pains**. I was taking Cat's Claw

500 mg (3 x 2) for 2 months, and now 2 bottles of Cat's Claw Super Strong 40 mg (3 x 1).

**The pains have stopped**, I feel lively, vivid and strong. Two days ago I was examined with a scintograph – the doctor told me there's no need to worry...

Now I am taking the third bottle of this incredible herb.

March 17

\*\*\*

T.V., Vidin

I had an old (4 years) **duodenal ulcer**. Before starting Cat's Claw Super Strong 200 mg, the clinical examination showed no ulcer. But I still had pains.

In addition, I have **rheumatoid arthritis, constipation and headaches**. I am in **menopause**. I was suffering. Since using Cat's Claw Super Strong 40 mg, one capsule daily, I have regular bowel movements. Now I am taking the third bottle, but **the constipation disappeared with the second one**.

The ulcer still hurts. Not strong, but I feel something strange inside – like tingling, as if a wound is healing...

March 18

\*\*\*

M.S., 47, Stara Zagora

Some years ago I was operated of **endometriosis**. After that it reappeared. I developed **colitis, then cysts**... While taking hormonal drugs the endometriosis is suppressed, then reappears again. Not to mention the side effects of this treatment.

I decided to try with Samento. I started with one 200mg capsule daily, now I am taking 3 capsules daily. After a couple of weeks there is some effect. **The colitis has alleviated. I had 3 cysts**. Two days ago I was examined with an echograph – **one cyst (3 cm) has disappeared**...

March 18

\*\*\*

S.P., nurse, Varna

For years my mother has suffered from **arthritis and arthrosis, exostoses in the neck**. Recently she had **the flu** and severe arthritic pains, **cough**... She started taking Cat's Claw



Super Strong 200 mg 3 times daily. In the middle of the first bottle **the joint pains disappeared** and – strangely – **the popping in the neck disappeared too!**... Now she goes on with the second bottle, taking one capsule twice a day.

I had **the flu** too, in spite of being vaccinated with Influvac. I had a **dry cough and herpes zoster**. I started taking Cat's Claw Super Strong 200 mg one capsule 3 times daily. **On the fourth day the blisters disappeared and the pains too...**

Now I continue with the second bottle – 2 x 200 mg daily.

March 19

**IN THE THIRD GROUP** I only placed one patient, but he has a bunch of diagnoses, symptoms and syndromes: **pharyngitis, IBS, colitis, headaches, epicondylitis, prostate adenoma, insomnia, chronic fatigue, plexitis, polyarthrosis, periodontitis, chlamydiosis, reduced immunity, ear pains, early type 2 diabetes, early hypertension, ischaemic heart disease, systemic candidiasis, breathing and nasopharyngeal problems, nephrolithiasis, neurodermitis, scalp itching, fibromyalgia, heliosis... He's 59, philologist.**

I want to say, that if one case can be considered as a proof, this patient proves **the safety of Cat's Claw**. How? I don't know about any other person who has taken Cat's Claw for so long (from the common type **containing TOA**, 3000 mg), 3 x 2 capsules daily – 18,000 mg in all – for 3 years almost without interruption.

And 40 days ago he started taking the maximal dose of Cat's Claw Super Strong 200 mg, 3 x 1 capsules daily.

Side effects have not been found. And the healing effects are more than a dozen...

**First** – the common Cat's Claw combined with proper diet and other supplements favourably influenced most of the conditions.

**Second** – I want to emphasize that **only after includ-**

**ing Samento 200 mg 3 x 1 daily, the therapy brought fast and unfamiliar effects.** What were those? I shall mention but a few.

**The digestive system** was normalized after 2 bottles, the IBS disappeared – that is the flatulence, pains, gases, colitis.

**The pain in the ears, shoulders and neck, the stiffness, the fatigue due to the arthrosis, fibromyalgia and other unclear causes, were greatly alleviated while in the last 5 months they had resisted all treatment.**

The therapy **reduced the severity and frequency of the splitting chronic headache** the origin of which remains unknown to specialists.

**The blood pressure** returned to normal – 130:85 (90).

The complicated and untreatable problems with **the nasopharynx were alleviated**, the mucosa calmed down, the redundant secretions disappeared, **the proposed surgery became needless...**

The longstanding **incurable neurodermitis** and the **constant scalp itching became a thing of the past.**

**The systemic candidiasis**, a result from stress and antibiotics, is now **greatly suppressed, so is the heliosis.**

**The impaired immune system is restored** and its values are back to normal.

**The prostate adenoma** is soon to be forgotten. The usual problems with urination disappeared, as well as the discomfort during defecation. The prostate gland size decreased from 6,6:5,5 to 4,2:3,9.

**The chlamydiosis**, which was treated 5 years long by all rules of dermatovenerology, urology, andrology, rheumatology and microbiology but without conclusively stopping the infectious process, **is now under control. All tests are negative.**

I shall restrain from comments and explanations, from analyzing, hypotheses and theorizing. I think the facts are more convincing by themselves. The future practice of the physicians will confirm or deny the above cases, will undoubtedly uncover many new things and, I am sure, will increase the chances for more health for the people.

## A Rare Chance For Humanity

**By Brian LAMB, Scotland's number one medical herbalist, head of a phytotherapy clinic in Caithness, UK**

I am in charge of the largest phytotherapy clinic in Scotland and give lectures in the United States on weight control, nutrition and diabetes prevention. The aim of my visit here is not to share with you my clinical experience with Cat's Claw but to help you understand how it works.

Let's compare the mechanism of action of the herbs and drugs. What drugs do is bring about changes in physiology while medicinal herbs stimulate homeostasis. Drugs increase entropy and herbs decrease it; drugs require extra energy from the body and botanicals preserve its energy. Moreover, drugs are just simple chemical molecules while herbal remedies have an exceptionally complex structure. Most pharmaceuticals involve considerable energy consumption for metabolizing and elimination from the body. But I'd like to note that my presentation is not against drugs, I just make a comparison.

While most pharmaceuticals cause adverse reactions in the gastrointestinal tract and the excretory organs including the kidneys and the liver, herbals normally energize and tone these two organs. Cat's Claw contains alkaloids that appear to have immunomodulatory properties. We know this plant has two chemotypes and the unique quality of the Samento product is that it only contains the beneficial POA alkaloids while lacking the antagonist tetracyclic oxindole alkaloids (TOA).

Let's see what the healers in the tropical rainforest think. They have accumulated knowledge that precedes the one obtained through chemical analyses. The chemical testing of the herbs supports what the healers have found out in the past. The effect of the TOA-free Cat's Claw is confirmed by the healers from the tropical rainforest as well as by chromatographic analyses. And so, what's the answer to the question how Cat's Claw works? It acts as a whole as a phyto product. If we only isolate the alkaloids we shall probably find out that they represent a

pure form of toxins. We can therefore state the following: an indication for health is the use of the whole plant.

Phyto products supply that information that the body seeks but without making it waste any energy. There's a term - "alternative" - we use for botanicals, meaning "altering". In English the word can be confused with alternative but actually means "leading to change". I claim that Cat's Claw really is a herb that alters. The basis, the essence of Samento's action is in regulating the immune system. Now we know that if we lack a strong immune system, we are susceptible to anything, from flu to cancer. I stated just a few minutes ago that Cat's Claw is a unique product for the time we live in. What's so unique about it? It's the changes in human lifestyle in the past six decades that lead to such fatal combinations as the toxin crisis, stress, lack of movement, etc. What do I mean? One in ten people on our planet suffers from some kind of liver condition and one in four already has a liver impairment. There are more than 100,000 chemicals in the environment and that puts a burden on the liver. We also have to face the facts about our nutrition. In the perfect case every meal has to correspond to a healthy recipe. But in fact most people neglect their bodies to such an extent that they'll eat anything that's put in front of them or advertised. One of the qualities of Cat's Claw is that it has a beneficial effect on the liver. It stimulates, strengthens and detoxifies it. So Samento helps the body cope with toxins. But it also helps against stress. Anger is an emotion that leads to a momentary exhaustion of the immune system. Just 5 minutes of anger suppress the immune system for 6 hours. When toxic chemicals combine with uncoped stress, that results in us being so unhealthy. I believe that if we use Samento smartly, we'll be able to turn the treatment in the opposite direction and bring it to a success. Some evidence from using Samento against cancer shows how much these positive results would multiply if we created a framework, a model of proper nutrition. I understand that your country has a high frequency of breast cancer, as the United States and the UK. The results from 20-year studies in the UK, that I support myself, show that the possible cause of breast cancer is cow milk

and all dairy products including goat milk. What we need to understand is that in fact milk and dairy foods are growth stimulators. If you take Cat's Claw to fight cancer my advice is to stop consuming cheese, milk and their derivatives. If you take Cat's Claw to treat diabetes, you should replace the bread, which has a high glycemic index, with low-index products like lentils and beans.

When using Samento it is important to remember that it has to be accompanied by proper nutrition, drinking clean water and adequate physical activity.

Still how to explain the fact observed by many therapists that Samento cures almost everything?

It is very rare in nature to find a plant that has such a broad spectrum of different beneficial ingredients (nutrients) as Cat's Claw. Our body needs the nutrients that Cat's Claw is able to supply.

What are the contraindications? I wouldn't recommend using Cat's Claw in the first trimester of pregnancy because of its ability to inhibit cell growth. In my medical practice I have been using very small quantities of Cat's Claw to strengthen the immune system of infants after 9 months of age.

The dosage I apply with such babies is 10 mg of Samento daily, with children older than 1 year - 20 mg, and for treating diseases - up to 27 mg a day. For adults I recommend 600 mg and for cancer patients - 2 x 600 mg daily. I'd like to repeat that the herb works better if you keep the proper diet. Especially when you treat a virus infection, it should be taken on an empty stomach. For fortifying the immunity of children it has to be given in the evening just before bedtime. And if used to treat cancer, the herb should be taken in the morning and evening. For joint problems and arthritis I recommend taking it in mid-morning and mid-afternoon with water.

There's one way of taking Cat's Claw that enhances its effect on the liver. Empty the contents of the capsule in 20 ml of cold water and hold it for 15 seconds in the mouth before swallowing. That way the receptors for bitter taste on the tongue (directly connected to the liver) are stimulated and improve the

effect. Another alternative is to empty the powder from the capsule onto the tip of the tongue and again hold for 15 seconds before swallowing. There's evidence pointing that Cat's Claw tones and strengthens the heart muscle and certainly lowers blood pressure. For best effect on the heart muscle you need to empty the powder on the tongue to take advantage of the resorbent properties of the mouth mucosa.

I would advise those of you who use Cat's Claw for treating serious conditions to take it along with other antioxidants. The perfect liquid you can take it with is Rooibos tea, which is antioxidant.

And finally I'd like to summarize: Cat's Claw is a unique plant with extremely high density of the chemical information it carries. It is essential that you use the right chemotype of the plant - that is the TOA-free type, called Samento. And so: if Samento is administered within the framework of proper nutrition, it will restore the homeostasis and strengthen the depleted immune system.

(With abbreviations)

**After the conference Brian LAMB received and consulted dozens of patients at the Lechitel Health Center. Here are some of his more general tips:**

- For the most part of the less serious conditions one 600mg capsule daily is enough but the cancer patients should take two 600mg capsules daily: the first one in the morning on an empty stomach and the second one in the afternoon.

- When to stop taking Samento? When you are healed. The product is not toxic and can be taken for years; the only condition is to drink a lot of water if taking larger doses. This is required because Samento purifies the body and especially the liver, and the kidneys have to eliminate the toxins. I wouldn't recommend drinking chlorinated water from the tap. The chlorine in the water reduces the effect of Cat's Claw, and this is too expensive a herb to destroy its effect. You can take Samento with clean spring or mineral water and fruit juices but **the best**

**way is with Rooibos tea, which is an antioxidant and strengthens the effect of Cat's Claw.**

- The active ingredients of Samento reach the blood most quickly if you dissolve the herb in a little water. Open the capsule and pour the contents in 20 ml of cold water, then hold it in your mouth for 15 seconds before swallowing. If you can't do that, empty the powder from the capsule directly onto the tongue, again holding it for 15 seconds. Then swallow with spring water or juice. This way the mouth mucosa will contribute to the faster and effective passing of the healing substances into the blood.

- Samento can be given to infants as well from 1 year of age: 20 mg for prevention and 27 mg for treatment. Empty the powder into a cup of Rooibos tea sweetened with honey. Don't add it to milk - this will limit the effect. Cow's milk is contraindicated for small kids in general.

- Cancer patients should stop taking any dairy products while using Samento. These products block the beneficial action of Cat's Claw (Lechitel doesn't fully share this view - Editor's Note).

- When using Samento you should take more antioxidants. One of the best is Rooibos.

- I recommend to cancer patients taking Cat's Claw to eat a plateful of raw broccoli salad dressed with lemon juice and olive oil every day. This is an exceptionally good anticancer food.

## **Samento Helps In Some Depressions**

**By Assoc. Prof. Dr. Yordan Yordanov, M.D., psychiatrist, psychotherapist and psychopharmacologist**

I'd like to share with you my observations on 5 patients with depression over the past month. I'm talking about endogenous depressions - moderate to heavy. The dosage was 3 x 200 mg taken with or immediately after meals. Some of these patients were on antidepressants - the well-known Prozac, Ludiomil, Anafranil, etc. 10 to 12 days after adding Samento to the treatment, they reported a bigger mood improvement compared to the time when they had taken only antidepressants; as well as a heightened biotone (liveliness), which is very important in the so-called simple forms of depression.

One of the patients, a 32-year-old artist, reported that by the 10<sup>th</sup> to 11<sup>th</sup> day half of the asthenic symptoms, i.e. weakness of the stimuli, languidness, lack of initiative and difficult concentration, disappeared and he started working again.

A student from the Sofia University started using only Samento. Unfortunately she misunderstood the dosage and took just one 200mg capsule daily instead of three. She too observes better concentration and easier learning but not sufficiently.

The third patient, a 43-year-old woman with depression, claims she feels a lot livelier and her associative processes run better. These are the results with respect to the depression patients.

I have been using Samento myself for three weeks now for gastrointestinal complaints. A couple of months ago I had gastroscopy and no ulcer was found. Shortly before starting the supplement, the Helicobacter pylori test I made at the lab of the Lechitel Health Center proved positive. You know that ulcers are mostly being caused by these bacteria.

What were the results from taking 3 x 200 mg of Samento daily? By the 8<sup>th</sup> to 10<sup>th</sup> day I felt a lot more energetic. The fatigue typical of the end of the working day - by 7 or 8 pm

- disappeared. The gases I suffered from vanished, as well as the heartburn that I previously had to counter with Ranitidin.

I believe this is a novel type of food supplement, having something in common with the nootropic preparations mainly used for treating senile dementia. It is known that lately more and more people are suffering from Alzheimer's. Samento opens a new opportunity for treating dementias. Why is it that I suspect a nootropic action and recommend to the manufacturer to carry out studies in this direction? After taking it for a week I started feeling quite livelier and found out that the supplement improved associative thinking. When reading difficult foreign language texts, it is easier for me to comprehend them. Judging by my personal results, I see a nootropic action, which was formulated in 1972-1973 by the [RTF bookmark start: ]OLE\_LINK1Belgian pharmacologist [RTF bookmark end: ]OLE\_LINK1Giurgea from the company UCB (Union Chemie Belge). The original hypothesis for nootropic action was later extended and it turned out it influenced other organs and systems in the human body too. But I shall not go into details, I simply recommend conducting such studies to see the brain cell metabolism since it is known that nootropic agents and particularly Pyracetam, the Belgian Nootropil, the Bulgarian Pyramem, as well as the Bulgarian combination drugs Fezam, Orocetam, etc., increase the production of compounds that are an energy source for the nervous system.

## The Medical Plant Of The 21<sup>st</sup> Century

The Caithness herbalist Brian LAMB is adding his endorsement to the healing properties of a rare plant harvested in the Amazonian rain forest.

Since its recent introduction to Europe, SAMENTO has earned rave reviews from a number of experienced practitioners for its track record in helping patients with a variety of chronic conditions.

Brian Lamb, the most famous Scottish phytotherapist, shares the enthusiasm for the variety of Cat's Claw, whose name derives from the hook-like thorns that sprout from woody vines which can reach over 100 feet high.

Mr. Lamb believes Samento's restorative potential for damaged immune systems can make it the plant of the 21st century.

"It is a really exciting development," he said from his herbal practice at Quarryside, Murkle. "It's the first time that we've had doctors saying that something from the plant kingdom is better than what they have in their pharmacies."

Cat's Claw has been used for the past 2000 years by shamans from the Ashaninka tribe in Peru to treat diabetes, rheumatism and some types of cancer as well as to control gastric ulcers and heal deep wounds.

It first came to the attention of western researchers and scientists in the mid 1960's and **was accorded official recognition as medicinal plant by the World Health Organization in 1994.**

Used to stimulate the immune system, it was the first rainforest plant to attract such worldwide interest since the discovery of quinine in the 17th century. While it remains a popular potion in herbal medicine, it is the relatively recent availability in Europe of the rare strain of Cat's Claw that has caused the new wave of excitement.

Unlike common Cat's Claw, Samento modulates, rather than stimulates, the immune system.

Bulgaria was among the first European countries where Samento took root with many clinics using it within weeks of it becoming available in January.

A major breakthrough came in July when the plant was cleared in Hungary to be sold as an approved over-the-counter medication.

Mr. Lamb said: "There's huge buzz of excitement as more and more people see the results it can have. It's a quite astounding story." He reports very encouraging results from patients he has treated over the past year with Samento for a variety of ailments.

Mr. Lamb, a qualified phytotherapist as well as medical herbalist, said the current anthrax scare has underlined the importance of having a strong immune system. The herbalist is to attend a conference on Samento in London on Friday, November 30<sup>th</sup>, 2001.

The Press and Journal, Scotland, UK  
November 26, 2001  
By Iain Grant

## Samento Improves Quality Of Life

By **Michael COYLE**, executive director and head of research of the NuLife Sciences Institute, California, USA

This is a report on the efficacy of tetracyclic oxindole free Uncaria Tomentosa, which is distributed under the brand-name Samento. This research has been performed and published by NuLife Sciences, Inc. based on clinical observations which were recorded as photocomparative studies of observations on the Native blood in conjunction with a coagulation screening methodology known as the Oxidative Stress Test (Dried Blood Evaluation Screen).

35 subjects participated in the pilot study, while only ten adhered rigorously to the guidelines of the pilot study and also completed the course of treatment within the allotted timeline, which was a 6 (six) week period.

The guidelines were as follows: All other herbal remedies were eliminated from the subjects' nutritional regimen. The subjects consumed two capsules of 600 mg. Samento two times daily for 14 days and then consumed 2 capsules 3 times a day for four weeks.

Each subject was at the outset of their participation in the study evaluated for hypercoagulation, microorganism presence, degree of cellular degeneration, sclerotic debris, free radical damage and numerous other parameters too numerous to mention here.

The following is an outline of case histories of three subjects who completed the study and includes photocomparative microscopic images of the results of the course of application in each case. The results are typical of the ten research subjects who were compliant.

### **Subject #1 - 60 year old female**

#### **Outset - December 9, 2000:**

Presented with severe arthritis symptoms, compromised mental acuity, weakness and tiredness. Initially

Samento was utilized at 1 capsule (600 mg) two times daily. Results were positive but limited. After 2 weeks the dosage was revised to 2 capsules (600 mg) 3 times daily with significantly notable additional benefit.

Images at outset are characterized by evidence of sclerotic debris due to calcification, red blood cell degeneration and compromised nutrient assimilation. Additionally there is evidence of bowel dysbiosis in the form of orange crystalline symplasts or plaque formations, indicating lower bowel infection. The Dried Blood Images indicate elevated free-radical stress and metals toxicity, likely due to dental materials. Also indicated is adrenal stress, liver dysfunction and bowel parasites.

**Completion - January 21, 2001:**

The specimen is now relatively free of variations from normal.

**Subject #2**

**Outset - February 2, 2001:**

Subject presented with complaints of heart palpitations and extreme anxiety, which appears to be due to metals toxicity, namely from mercury. Subject had recently had mercury removed from the teeth in an unsafe manner by a dentist untrained in safe biological methods and was toxified thereby. Actinomycin crystals indicate infection. Tubular variants indicate infection and red blood cell degeneration. Bacterial variants, inadequate protein utilization and sclerotic debris.

**Completion - March 17, 2001:**

Improved viscosity and reduction of sclerotic debris.

Due to the improvement in the subject's quality of life we must presume that immunity has been improved.

**Subject #3**

**Outset - February 2, 2001:**

Subject presented with hepatitis C, type 2, extreme inflammation, infected teeth and sinuses, including auditory canal. Complete loss of hearing in right ear due to infection

in teeth, jaw and skull. Hypercoagulation evidenced by rouleau and excess fibrin development, and accumulations of sclerotic debris.

Free radical stress, acid-base imbalance and presence of metals. Parasites, metals, magnesium/endocrine imbalance.

**Completion - April 17, 2001:**

Highly improved blood viscosity and coagulability.

Flaccid membrane on lymphocyte at center is indication of immune response to viral activity.

Microscopic analysis indicates elimination of parasites and reduction of free-radical stress. Image indicates continued metals toxicity, reduced free radical stress and improved endocrine balance.

**CONCLUSIONS OF THE STUDY**

**Basic overall observations:**

All ten subjects reported **improved quality of life, general strengthening, substantial abatement of symptoms and significant pain and inflammation reduction** where applicable.

Subjects experienced a **broad range of improvement of symptoms**, such as: **reduction of allergies, reduction or elimination of fatigue, heightened immunity to amoebic parasites, food poisoning and colds and flues. Tumor reduction was noted in one case, complete elimination of growths on the scalp, non-specific pain reduction, reduction or elimination of arthritic pain, stabilization of liver function in Hepatitis C, complete elimination of allergic reactions to dander, elimination of herpes simplex outbreaks, reduction of blood plaque in some cases, improvement in gastric function in cases of gut dysbiosis and elimination of or improvement of bacterial infection.**

This study indicates that Samento appears to reduce C-reactive protein, is anti-microbial, reduces free-radical

production, improves wound healing, restores the primitive immune response and generally heightens immunity.

*Lechitel Weekly, No 31, August 1, 2002*

**Second Samento International  
Scientific Conference  
London, England  
November 30, 2001**



## Samento Works Fabulously!

**The readers of Lechitel know that SAMENTO is an extremely rare biological variety of the most world-famous Peruvian medicinal plant: the Cat's Claw (*Uncaria tomentosa*). Unlike the common type of Cat's Claw (much more widespread and inexpensive), SAMENTO doesn't contain one group of substances: tetracyclic oxindole alkaloids (TOA), which act as antagonists, reducing its effectiveness. Multiple scientific studies confirm that SAMENTO is a lot more effective biological species than the common Cat's Claw and has exceptional healing properties. It is estimated that as much as 10% of those using the traditional Cat's Claw obtain the results they are expecting. In contrast, more than 90% of those using SAMENTO are reporting results, and in many cases the effects are greatly exceeding expectations.**

To this amazing plant was dedicated the scientific conference that took place on November 30, 2001 at the London Heathrow Airport Royal Business Center. If the conclusions made are to be summarized in just one sentence, this should be either the statement of the world-renown scientist Prof. Henk OSWALD from the Netherlands: "SAMENTO works fabulously!" or that of Scotland's number one phytotherapist Brian LAMB: "Although we're still at the beginning of the 21<sup>st</sup> century, I think we could tell that SAMENTO is the medicinal plant of this century. After I started working with it I stopped using many other herbs that did a very good job before, simply because SAMENTO gives amazing results!"

### **Where are we?**

To all conference attendees - physicians and journalists from the United Kingdom - the organizers from the US producer Nutramedix handed out a voluminous file containing 157 pages of scientific papers, reports and publications on SAMENTO. On the first page we read:

"SAMENTO first became available in Bulgaria in January

2001 where dramatic, widespread results came so quickly that within two weeks thousands were using the product. Testimonials from hundreds of patients who had obtained results in the treatment of a broad range of immune-related conditions simply started to shower."

This is a part of the address from the Samento conference held in March 2001 in Sofia, the capital of Bulgaria:

**"Samento, besides other miracles, also achieves what many are unable to grasp or accept – it keeps, preserves, extends and restores not only health – not any kind of health, - but a dignified health! A health without cutting off pieces of one's body, without transplanting foreign organs, without poisoning oneself with costly medicines, without treatment that causes other, not any less serious diseases, perversely denoted by pharmacists as... side effects..."**

**Unlike therapies before SAMENTO, SAMENTO itself doesn't try to eliminate some virus or bacterium, nor some disease (that's also called a nosological unit), but gives the patient energy to fortify and strengthen his own self-healing power that Nature has built into his spirit, mind and body. SAMENTO doesn't act AGAINST, but contributes FOR...**

**In a sense, some time ahead in the future the historians of medicine will talk about the age BEFORE SAMENTO and the age AFTER SAMENTO...**

Atanas TZONKOV,  
Director of Lechitel Health Center,  
Sofia, Bulgaria"

### **Real stars of medicine were present**

Prof. Henk Oswald M.D., Ph.D., winner of the Albert Schweitzer award for medicine, flew in from Holland just for the three hours of the conference, taking off from Heathrow only minutes after its finish to go back to his research and his thousands of patients. But for this short time he presented such images, showered with such indisputable evidence even the

most skeptical of doctors and journalists, and lighted up the whole conference hall with his remarkable noble radiance so that he made the biggest skeptics reward him with a storm of applause - something quite untypical of the rigorous protocol of a scientific conference, held at that in the heart of the United Kingdom. This incredible scientist who was the first in Europe to test live human blood in his lab, revealed the mechanism of the successful treatment of hundreds of patients with incurable forms of cancer and others completely disabled by arthritis who have stood up from their wheelchairs and returned to normal life. From the full text of Prof. Oswald's report that follows you will understand how SAMENTO acts on cancer cells and lymphocytes. Then perhaps the most scholastic representatives of medical science will understand the message of this bright mind of the 20<sup>th</sup> and, even more, the 21<sup>st</sup> century: "I can't say to my cancer patients don't take chemotherapy. I can only say to my wife "take SAMENTO and not chemotherapy". But, I can't say that to the other patients because they'll put me really in jail when I do that. The only thing I can tell is: "I'm not against chemotherapy but in my longstanding practice as a doctor I have never prescribed chemotherapy."

I'm trying to enter in cooperation with chemotherapists by telling them: "Let's work together, I - my way and you - your way. My way of treating will help chemotherapy become more efficient and have fewer side effects." And they convince themselves that my patients tolerate much better chemotherapy and its therapeutic effect is much faster and pronounced in the patients treated with SAMENTO. Do all oncologists agree with that? No, not all..."

#### **What is the action of Samento according to Prof. Oswald?**

"Amazing! For colon cancer as well as any gastrointestinal cancer. For arthritis as well as candidiasis of the bowels. SAMENTO works fabulously also for gastrointestinal conditions and Crohns disease. SAMENTO is an astonishing antioxidant that neutralizes free radicals and even the effect of such a harmful oxidant as hydroxyl, which can destroy the human body in days."

Scotland's number one herbalist Brian LAMB who took part in the first international Samento conference in Sofia in March 2001 expressed a similar view: "SAMENTO has an astonishing effect! At first I had been using the ordinary Cat's Claw for quite a lot of years and my patients were improving. But since I started with SAMENTO (and I've been treating with it even babies!) the results have been so impressive that I already stopped using many other herbs. Yes, they were good before but now SAMENTO makes them simply needless. SAMENTO is so powerful it passes the blood-brain barrier. I managed to cure an astrocytoma patient with it!"

London - Sofia  
Svetla LEFTEROVA  
*Lechitel Weekly, No 49, December 12, 2001*

# The Samento Phenomenon

By **Prof. Henk OSWALD, M.D.**, presented at the **Samento Conference in London, November 30, 2001**

**Prof. Henk OSWALD M.D. is the director of a medical clinic and Meditest International - Amsterdam, the Netherlands; member of the International Academy of Natural Health Science and chairman of the "Nutrition and Science" Foundation. Dr. Oswald is a distinguished scientist in the field of natural health and metabolic chemistry. During the course of his career he has received over 70 awards and honors in recognition of his immense contributions. Included among these is the prestigious Albert Schweitzer Award for Medicine. He is the first scientist in Europe to use the live blood analysis method. His clinic in Amsterdam attends to 25,000 patients a year.**

Ladies and Gentlemen,

I will tell you about my experience with patients for the last 2 years. I already worked with the "old" Cat's Claw with a lot of success. But now with Samento I give 2 tablets rather than 12 or 20 to have the same result and even better.

First of all I want to tell you what I do in just 5 minutes with my blood tests. When my patients enter my laboratory, I take a little bit of blood from the finger and I do two tests with that small blood drop. One is the live blood test and the other is the coagulated blood test. So, we let it dry. And then you see this (showing different images of blood on the projector): a healthy version - no white spots, nice fiber net, really nice color. That's a healthy person, you don't see it anymore.

Now I'll let you see what you can see here, this is cancer. These are holes in the intestinal tract, leaky gut syndrome; this is lung cancer; this is rheumatism. All of these diseases later on we can treat through Samento. The white flecks are the toxins the cancer cell or the cancer tumor is producing. The magnification here is 600 times. That is my microscope for the live blood cells with which you can make a 15,000 times magnifica-

tion and then you see the following: I now change from the coagulated blood to the live blood cells. These are the red blood cells. Between the red cells you see these small points, we call them somatites. Somatites are very important and cancer patients or arthritis patients have only 2, 3, 4 or 5 of these small items, these somatites. So we give the people in terminal cases Samento and then you can see what we can do with cancers, arthritis, celiac disease, sickle cell anemia, shingles, etc. These somatites are not only in the human blood, they are in the blood of all animals and also in plants – all living things on Earth have the same somatites.

## **Incredible breakthrough ability**

The natural way to attack the cancer cell in the beginning is through your own immune system and especially the lymphocytes. But cancer cells have their own defense system. What is the cancer cell doing is build a mucous membrane around it to defend itself, to protect itself. So, now the lymphocytes can't penetrate the cancer cell anymore. And when this is in stage three or four, the tumor cells fence the lymphocytes in and they are paralyzed. So there is no fight in your body anymore. And this is why chemotherapy is no good. I found out with my photos and in vitro that when you give the terminal patients 4 or 6 Samento capsules, then the fence, the slimy substance, the membrane goes away. Yes, with Samento, and I have over 20 examples already now. And now the lymphocytes can attack the cancer cell. And that's so nice!

Always when we talk with oncologists about Samento or other natural products they say, "No, we have our own tools. We do radiation, operation and chemotherapy". But now I say, "I can help you. You can't penetrate the cancer cell anymore, it's too hard. We can help you that the chemotherapy is working; make a bridge". And now they are listening because they didn't know about the mucus membrane and why chemotherapy is not working. And I show them in vitro what's going on... So now we are not the good guys and they the bad guys or vice versa. We can help each other and it sounds ridiculous, ladies and gentlemen, but the Samento and the chemotherapy have a synergistic

effect, they help each other. So when the patient has chemotherapy every three weeks sometimes, in those three weeks we have time enough to give the Samento.

And what is the chemo doing? There are all other measurements, but let's say the blood count is 5 – the white cells and the red cells. When you have chemotherapy, after a couple of weeks it goes to 4, then 3, then 2 and oncologists say, "We have to stop the chemotherapy. The count of the cells is too low." Now in that 3 weeks time it's 5 in the beginning, then goes to 4, goes to 3, but never to 2, and goes up to 4 after 3 months time with Samento – that's the experience I have with my patients. So they can continue with chemotherapy.

#### **A bridge between Samento and oncology**

I'm not against chemotherapy but if my wife had cancer I'd never permit it. So I must find a bridge between the two and now there are already oncologists that are giving the Samento in that 3 weeks period. It takes care of the mucous fence around the cancer cells, it doesn't paralyze the lymphocytes so the chemotherapy can do the job and the lymphocytes can do the job.

When the patient has no chemotherapy, it's the same story and that's important. The blood count never falls too low and after a couple of months it goes back to 4, which is quite normal, only with Samento in terminal cases: 3 x 2 capsules a day and then later on 2 x 2 for maintenance, and I can tell you there are no side effects at all. Here you can see the fence surrounding the cancer cells and after 5-6 weeks with Samento it's back to normal and then you can attack the disease. The dosage and duration of the treatment with Samento depends on how far the cancer has advanced. When you give 6 capsules a day - about 3 to 4 weeks, and then you can see on my pictures that it's away. Don't forget that you can talk about terminal cancer, stage 5, 4, 3, 2, 1. Only in terminal cases the cancer cell will immediately build that fence around it. But it doesn't attack the lymphocytes from the beginning, only when in stage 4 it will paralyze the lymphocytes too. And then you can see how in 4-5 weeks of treatment with Samento there is no fence around the

lymphocytes, so they can do the job and Samento can do the job. Yes, it concerns all types of cancer. I do prostate cancer, lung cancer, stomach cancer, colon cancer. It's an amazing product; you have results even in terminal cases. Now see what Samento is doing in a couple of months. You can see the difference, look at the cancer pictures – the cancer cells always have sharp edges, the fibrin is away, and the somatites are almost missing.

I treated about 20 patients with arthritis. This is (a picture of) an arthritis patient, 62 years old. There you see the cells - very bad, the form is completely changed. After 2 months with Samento (3 capsules a day) the spots are smaller, the cells are already better; after 5 months practically back to normal. This is real experience and I did this with a lot of patients. This system is so nice: I can follow the patients step by step, making these tests every month or two.

Here's another patient, in a wheelchair. Look at this – the same, white spots, terrible condition... After 2 months it's already better, after 4 months – back to normal. That man is coming now to my office, no wheelchair anymore and less pain – you see what you can do with Samento. Sometimes I give him 4 capsules a day and maintenance 2 or 1 a day, but still he's doing fine; only sometimes in winter when it's cold and wet he has a little bit of pain and then I tell him to increase the dosage and take 2 or 3 capsules a day.

I think you know all about free radicals. When the superoxide combines with hydrogen peroxide a very dangerous compound is formed – hydroxyl; in a split second it can ruin the whole body. In the early days we attacked them with superoxide dismutase and then the hydrogen is catalyzed. Now in the last 6 months I did it only with Samento. What is Samento doing: it helps the liver to produce more scavengers that take care of the free radicals – very, very important when you have degenerative diseases and so on. I have a lot of success also with Candida.

Combining chemotherapy with Samento gives good results, fewer side effects, less pain and the patients feel really great. I don't say I can heal cancer but I can lengthen their life,

they have no pain and they feel great – in terminal cases. I have always worked with cancer, the last time two years ago with Galavit from Russia. But I don't use it anymore, now I have Samento. Samento is doing a better job and the treatment with Galavit is much more expensive – more than 7,000 dollars, while the treatment with Samento costs around 500-600 dollars.

### **What's the better choice for cancer patients?**

Sometimes the whole family of a cancer patient comes to me asking, "What can we do?" It's very difficult. I can't say to the patients, "Don't take chemotherapy". They'll put me in jail immediately. I can only say, take chemotherapy, then in the meantime in that 3 weeks period take Samento.

But I have more results with only Samento. When we have 100 patients with the same cancer in the same stage and when 50 go to the hospital to take chemotherapy and 50 are treated by me with 6 Samento capsules daily, I have a better success because Samento alone can do the job. I have a lot of examples. But I can say that to you, I can't tell it to the cancer patients.

But, now, I found a bridge between chemotherapy and Samento. That's fantastic. Now I can convince oncologists to work together. And they say okay, when of course the patient agrees. That's already fantastic that they are doing that. Not all, oh no... But some do and they see the results.

And also in vitro, when you take a small tumor (that's a lot of cancer cells) and you put it in extract from Samento (I made an extract by myself), in 3 weeks you see the tumor shrinking. First of all the membrane, the fence around the cancer cells goes away and then you can see the tumor slowly shrinking.

(Remark from the audience: The shrinkage of the tumor is not necessarily due to Samento, but simply because it has been removed!)

- Yes, but when you do the same in water or in alcohol, does it change? That's my answer. Of course I put pieces of the tumor in different media, I'm not stupid! (Laughs heartily).

You all know what PSA is. When you have a patient with

prostate cancer you usually do PSA. At the beginning it is very high – 65. Then I give Samento. After one month it falls to 50, after two months with Samento 3 capsules daily it falls to 40, and now I have patients who have managed to return to the normal levels: 10-12.

The highest dosage of Samento I have given is 6 capsules daily in terminal cases. I haven't seen any side effects.

### **Samento Protocols Applied By Prof. Henk Oswald**

#### **Adenocarcinoma (fast growing cancer)**

3 x 2 capsules (6) daily

If an examination after 3 months shows that the patient is improving decrease dosage to 2 x 2 capsules (4) daily.

#### **Prostate cancer**

2 x 2 capsules (4) daily

If the PSA is reduced: 3 x 1 capsules (3) per day

Maintenance dosage: 2 capsules daily

If chemotherapy is involved: 3 x 2 capsules (6) daily during therapy

#### **Cancer with chemo treatment:**

3 x 2 capsules (6) daily

After chemotherapy: 2 x 2 capsules (4) daily

After six months: 2 capsules daily

#### **Sarcoma**

2 x 2 capsules (4) daily

Slowly decreasing till 2 capsules daily

#### **Melanoma**

3 x 2 capsules (6) daily

2 x 2 capsules (4) daily after an examination shows the melanoma is shrinking

Before an operation: 3 x 1 capsules (3) daily

6 weeks after the operation: 2 x 2 capsules (4) daily

Maintenance: 2 capsules daily

**Colitis, Crohn's disease and other intestinal tract disorders**

Light cases: 2 capsules daily

Serious cases: 3 capsules daily

Maintenance dosage: 1 capsule daily

Before, during and after operation for 4 weeks: 2 x 2 capsules (4) daily

**Gluten intolerance (celiac disease)**

Light cases: 1 capsule daily

Severe cases: 2 capsules daily

## The Healing Range of Samento

**By Atanas TZONKOV, herbalist and healer, editor in chief of Lechitel Weekly, founder and director of the Lechitel Health Center**

The statements and conclusions contained in this report are the result of a 7-year-long therapeutical experience with the common (TOA-containing) Cat's Claw and a 10-month treatment practice with Samento (TOA-free Cat's Claw). Although the subject of our conference is the herbal product Samento, I also refer to the common Cat's Claw because as far as I'm concerned, its use in treating thousands of patients opened the door for the more effective application of Samento and allowed for fruitful comparisons between the two products, for finding the optimal dosage in the treatment with Samento, etc.

One of the biggest problems that arise in the treatment with Samento is the disbelief among doctors and patients that it's possible to have a remedy with such a broad range of effectiveness as Samento claims to have. This kind of skepticism springs from the outdated and erroneous notions in contemporary medicine for such concepts as "diagnosis", "disease", "nosological unit", as well as the fact that the majority of the conventional physicians are not acquainted with the actual healing mechanisms of herbs that are essentially different from the pharmaceutical medicine, still dominant worldwide. These questions were discussed in more detail in my report at the First International Conference for Samento that took place in Sofia on March 22<sup>nd</sup> of this year. That's why I'm not going to repeat them now. The treatment with Samento, its prosperity and recognition in both medical science and the mind of the public will be delayed and seriously impeded until a reform in clinical thinking or, if you prefer, the revolutionary change that already has begun in this field, is carried out. **This unique plant species and herbal product – Samento – is offering the best chance for the development of a new kind of medicine in the third millennium – kinder and safer, more effective,**

**more humane, more dignified for Homo sapiens.**

Since the time is limited, I won't enter into the details of the treatment with Samento. Instead I'll try to give an answer to some of the most pressing questions which are also the most often posed by scientists, doctors and patients alike.

**1. Does Samento treat acute or chronic conditions?**

In the medical literature has been established a deeply erroneous notion, of non-medical origin, that the herbs are appropriate only for milder or chronic conditions and that the serious medicine is made with a scalpel and antibiotics, cortisone drugs, etc. Nothing could be more wrong than that and the proofs are countless, but undoubtedly the most impressive is the treatment of the **influenza infection** with Samento. There are dozens of patients in our therapeutical practice that recover from the flu – not symptomatically but definitively – for not longer than 2 days (48 hours). **Conventional medicine does not dispose of any such treatment against influenza.** Moreover, in our practice there hasn't been a single patient who hasn't managed to recover from the flu in 48 hours. In one case a 3-year-old child was cured just in 24 hours. The child's temperature was 40°C in the morning and after taking one well measured dose of Samento, that is to say in 4 hours, it returned to normal.

**2. Which or how many diseases are treated with Samento?**

The answer in this case raises fundamental questions of the medical science and our conclusions, which are only based on countless facts, are causing embarrassment and nearly indignation among the medical professionals who still think in the canons of Paracelsus and Hippocrat.

**According to modern classification of diseases, our medical practice has listed more than 101 of them that are susceptible to treatment with Samento or influenced to an extent unachievable with any of the remedies of the conventional medicine today.**

I'll mention but a few of the successfully treated condi-

tions: **hypertension, influenza** (which I already spoke about), **rhinitis** (including hay fever), **edemas** with various origins, **herpes, sinusitis, gastrointestinal problems – ulcers, gastritis, colitis, irritable bowel syndrome, constipation, etc., conjunctivitis, urinary infections** (including dysuria - difficult urination), **hepatitis C, allergies** with different etiology, **pharyngitis, rheumatoid polyarthritis, fibromyalgia, ischaemic heart disease, stenocardia, cysts, prostate adenoma, menstrual cycle irregularities**, severe and unsusceptible to other treatments **hemorrhages, lung emphysema, bronchitis, bronchopneumonia, asthma, involuntary urine leaking, tumors – benign and malignant, endometriosis, chronic fatigue syndrome...** The list can be extended further but our trials and observations also continue, especially those related to cancer diseases. **We have achieved indisputable results in patients in the terminal stages of different kinds of cancer (of the uterus, bladder, breast, etc.) – results that proved unattainable with the traditional anticancer therapies (surgery, chemotherapy, hormonal treatment, radiotherapy):** normalization of the tumor markers and the characteristic pathological deviations, restoring of the normal blood values, discontinuing of uncontrolled haemorrhages, removal of the pain that renders unnecessary all the drugs with analgesic properties, etc. All these cases are well illustrated by systematic laboratory and other tests.

The range of diseases, including such until recently considered incurable, which however yield before the potent healing power of Samento, will undoubtedly grow. Diseases are invented by medical minds. In fact Samento doesn't care about diseases – it cures the person or, even more precisely, **helps the human body cure itself.** But these again are questions of the fundamental medical science.

**3. Does Samento have any side effects?**

I personally suppose that some day such might be discovered. **But for the time being the treatment of over**

**2000 patients has proved no such effects.** In fact the side effects and the toxicity problem for Samento are related to the product's dosage. This is a question to be still examined with the best possible precision and a bigger number of live subjects. In my experience Samento has been used effectively and without any problems by people ranging from a 10-month baby to a 92-year-old woman. I count with a documented case of prolonged application of the common Cat's Claw (18.000 mg daily) for a period of 3 years and then Samento 600 mg (with an average dosage of 3 x 1 capsule daily) in the course of 10 months with three or four 5-day breaks, and the patient is in good shape, without any indications of toxicity. During all these years systematic tests of the liver, blood, etc. have been made.

According to what I have witnessed in my practice, Samento isn't liable to a unified specifying of the dosage as the patients cannot be subject to unifying – every one of them needs an individual approach, a designation of a complex therapy adequate to the competently diagnosed condition of the patient. Samento can be prescribed as an independent therapy, preferably accompanied by Rooibos tea, and it can be also combined with some suitable natural products that increase its fantastic healing effect even more. In some cases its use is recommendable along with antibiotics, corticosteroids, chemotherapy or radiotherapy, but this concept still awaits the serious involvement of the medical researchers.

## The Herb For Our Age

**By Brian LAMB, phytotherapist, founder and head of a naturopathic clinic in Scotland**

I started using the ordinary TOA-containing Cat's Claw. The first thing that got me interested is that you should be using it to treat Crohn's disease. Anyone that has worked with Crohn's disease knows how difficult it is, you only got steroids. I started to get people better with the TOA-containing Cat's Claw. I then started to expand my use of the ordinary Cat's Claw and found that it was very powerful on the immune system. And that let me on to using Cat's Claw to support the immune system rather than the herb that I have used for many years - Echinacea. Then I heard about this astonishing Samento. And certain herbs that I have used when I started I don't use at all anymore. They seem to be weak and ineffective. They were very good all these years ago but now we are moving on to with things that are important for this age and I do believe that Samento is that herb for this age. As I started to use Samento on cancer patients I was careful, I made no claims, offered no treatment. People come to me (I am treating several patients right now) in a terminal condition where the doctors said, "We can do no more", and I have seen some astonishing things happen. I have reason to believe that Samento crosses the blood-brain barrier because I believe that it is antiparasitic on the brain. I have at the moment a 55-year old man who was sent home in a terminal condition with astrocytoma - inoperable brain cancer, and sent home to die. I have been treating the man with Samento and much to everyone's astonishment his right arm which had no power has almost the same power as his left hand now. He was taking the Samento capsules 2-3 times a day during his radiotherapy and he had no side effects. I gave him one or two other things as well, but I have no doubt that it is the Samento which is doing it. He has his speech come back, he can write the alphabet, he can converse reasonably well, and he walks half an hour a day. A few days ago the doctor came in and said "this is astounding, we don't know



what is happening, whatever herb he is taking, he is taking the right herb. He was a man expected to die". His seizures are virtually nonexistent, he is putting on weight, and the doctor is saying he can do all his everyday work in the house. He is now down to three capsules Samento a day. So it is quite astonishing.

I have another patient who had bowel cancer who received surgery, chemotherapy and recently was expressing some severe respiratory stress, so bad that she could hardly tell me the problem. Within one day of taking Samento something astonishing happened - I met this woman in the supermarket and had a 10-minute conversation with her, and she said something amazing has happened to her body.

Another case is interesting. I visited a woman the other day who has a secondary bowel cancer. It was a very difficult situation, because there was virtually no movement through the bowels, and within one minute of taking 1 Samento capsule she experienced a very severe pain, which is unlike the other that she has been having.

The last case I had is very interesting indeed only because I believe Samento passes the blood-brain barrier. A man came to see me the other day with motoneuron disease, and we all know how sad that it is. The latest thinking on motoneuron disease is that it is a parasite or virus in the brain. If Samento is antiparasitic, antiviral and if it does cross the blood brain barrier, I may have some very exciting news. In any case I do believe that Samento is an herb for these times. And why do I think it is so much better than this synthetic product that has been developed in Austria? It is simple: the Nutramedix product is the whole plant for the whole man and it has got a whole spectrum of phytochemicals without having things removed that may be vital for the efficacy of the product. So I do support this thought of using this rare Samento in its entirety, absolutely pure and unrefined. So I am very excited about Samento. This is just the beginning, what I am looking forward to is more practitioners taking this into uncharted territory.

I believe there is a very good way of taking Samento

and it is to put it on the tongue, because the bitter receptors connected to the liver will have an immediate effect and also these components will go through the mucous membrane of the mouth and prevent them being passed through the liver on the first pass. I give Samento early in the morning and it is better to give it slightly apart from food, and in the evening I give a general herbal tonic. But my instructions are don't give anything close to Samento, I don't know why, but it seems to be the case. I wouldn't suggest to use Samento with vitamins, because it does not want to be interfered with. Babies can be given very small amounts, milligram doses, maybe 1-2 drops of a 1:1 extract, so they get maybe 1/40 of the gram (25 mg). There is another strange thing I noticed with children who take Cat's Claw, which is intensely bitter: they actually get to anticipate taking it, as if their bodies are realizing that there is something quite remarkable in this herb.

Samento must be seen as a healing totality, and that is what makes it so exciting for me - it hasn't been interfered with, hasn't been standardized or extracted. I have treated viral infections, respiratory infections and I much prefer Samento to Echinacea, because I believe this is the herb for now, it's passed the Echinacea and it is a total system herb. And especially now with the worldwide fear of the immune system being breached from all sorts of things, it would be very wise to take Samento as a preventative. I think it would be a tremendous policy for health.

## Unique Qualities In A Purely Natural Product

**By Dr. Jerry SCHLESSER, a well-known US scientist and practicing naturopathic physician, researcher, developer of hundreds of natural products including the antiviral drug ImmuVir.**

In my experience, which is over 20 years, as a physician, as a researcher, as a developer of natural products that have been studied in various medical centers around the country and outside the United States as well, this particular Samento stands out most importantly in my mind, because it is an unprocessed product, which is very, very unusual - to find something that as a native material can have the therapeutic effects that are being reported around the world. Also, it's unusual because Cat's Claw and its compounds have been subjected to fairly intensive pre-clinical studies, in vitro studies, animal studies, toxicology studies and so forth. So we really have a sense of confidence about Cat's Claw and also about the alkaloids and the active constituents that are in Cat's Claw that may be responsible for parts of its actions. I also want to say, that like all natural products we don't know enough about them and as time goes on we are going to learn more. Even in the last couple of months, there have been several reports of newly discovered compounds, new alkaloids, or precursor compounds.

I'd like to share with you something that is revolutionizing naturopathic medicine or integrated medicine in the United States and that is a new recognition for the intestinal tract as an important barrier, a filter if you will, a first line of defense for the body. Now there's a new diagnostic category that we're calling "leaky bowel syndrome". Essentially what it's down to is that the intestinal tract's basic function is to act as a filter and supposedly it's selectively filtering the things that we need inside our body and keeping the things that we don't need outside our body - it's like a huge genetic engineering factory. When we're born it's completely sterile and as we mature within a matter of a decade

or so it's accumulated at a very diverse population of life forms. This concept of the leaky bowel syndrome seems to satisfy some doctors' understanding of why there can be such a diverse array or constellation of symptom patterns, diagnostic categories that can respond when you treat this leaky bowel. Essentially what we're talking about here is a failure of the filtration mechanism to keep out large molecules which then result in the body's developing antibodies or some type of reactivity to these macromolecules. And as a result you get symptoms - you can get joint symptoms, mental symptoms, cardiovascular symptoms; any number of combinations you can think of and of course that's depending on each individual's uniqueness and so forth.

And now I'd like to go back to Cat's Claw. According to the most recent studies published it's a fair assumption that Cat's Claw is definitely modifying the expression of tumor necrosis factor from the body. This has been studied in various systems and I think it closely parallels what we're finding with rheumatoid arthritis and some of the other inflammatory conditions that people are responding to with Samento. It's the TOA-free form of Cat's Claw that's modifying the tumor necrosis factor.

Let's not forget that there are many other substances in Cat's Claw that are responsible for its overall benefit - antiviral compounds, antimicrobial compounds, potentially antiparasitic compounds, antioxidant compounds and compounds causing changes in the lining of the blood vessels or endothelial cells that result in the release of as yet unknown messenger molecule that is modifying the function and the expression of the immune system, namely the lymphocyte populations and the macrophages. This is particularly important in the area of cancer.

The pentacyclic oxindole alkaloids (POA) have an immunomodulating effect on the immune system. They increase the absolute numbers of the lymphocyte population but they don't have a cytotoxic effect and they don't have an effect on the overall white blood cell count. That's really interesting property and they also have a kind of cytostatic effect on blast cells, which is to say pre-cancer cells in the lymphocytes.

We plan to organize clinical trials for Samento, both in

the United States and abroad, so we collect information and eventually publish it.

(With abbreviations)

**Third Samento International  
Scientific Conference  
Florida, USA  
May 10, 2002**

## 98% Of Patients Show Clinical Improvement

**By Dr. John Kule, M.D., director of the East Aiken Health Center in Aiken, South Carolina**

Recent advances in the chemical analysis of Cat's Claw have shed new light on its use as a natural therapeutic agent. Specifically, it has been found that the clinical efficacy increases as the pentacyclic oxindole alkaloid (POA) fraction increases and as the tetracyclic oxindole alkaloid (TOA) content decreases respectively. **Samento is a rare form of Cat's Claw that has been found to be 100% TOA free.** It is a wild crafted product of a unique Peruvian rain forest microclimate that so far has been found to be most effective in its most minimally processed form.

At a Samento Conference held May 10, 2002 in Florida, **Brian Lamb**, medical herbalist from Scotland, reported that 100% of the terminally ill patients he is treating with Samento are showing remarkable clinical improvement. An historical review of the scientific literature on *Uncaria tomentosa* was presented by **Jerry Schlessner**, ND, DC, CNS. **Professor Henk Oswald**, M.D., Ph.D., expounded on his experience of the use of Samento in the treatment of cancer. And **Michael Coyle** demonstrated Samento's use as an antimicrobial agent. This paper will explore the use of Samento in the primary care setting.

All patients were seen and treated at the East Aiken Health Center in Aiken, South Carolina. The background of the patient population is diverse. Aiken is located in rural South Carolina, but has long been a winter training center for thoroughbred and standard bred racehorses. Fall, winter, and spring also see an influx of hunter/jumpers, 3-day eventers and polo players, and golfers. Local industry includes the Savannah River Nuclear Site, so the town has an unusually large engineering and managerial class.

The East Aiken Health Center is an integrative health

care clinic. General and family medicine are practiced, as well as several modalities of alternative medicine. The local hospital supplies most of our standard diagnostic testing with more specialized testing available at the Medical College of Georgia located in Augusta, Georgia, approximately 30 miles distance. In-house we use an extended history and physical, scalar technology, applied kinesiology, and live cell microscopy. In the future we would like to add on heart rate variability and biological ionization testing.

The dosing schedule used in all cases, unless otherwise stated, was **three 600mg per oral capsules of Samento twice a day for 10 days. Thereafter dosage was decreased to two 600mg capsules twice a day.** Samento was taken on an empty stomach, by itself. Other supplementation (vitamins/minerals) was taken with meals. Concurrent usage of other herbs was discouraged as it was felt that other herbs might contain alkaloids with a blocking effect similar to the tetracyclic oxindole alkaloids (TOAs.)

Beginning in March 2002 and continuing to date, over 60 patients have been treated with Samento. Conditions treated include:

- Chronic Fatigue
- Fibromyalgia
- Status Post Cerebrovascular Accident
- Chronic Back Pain
- Status Post Breast Cancer
- Diabetes
- Hypertension
- Irritable Bowel
- Candidiasis
- Hypothyroid
- Menopausal Syndrome
- Pre Menstrual Syndrome
- Peptic Ulcer Disease
- Gastritis
- Rheumatoid Arthritis
- Arthritis

- Schizophrenia
- Asthma
- Lyme's Disease
- Benign Prostatic Hypertrophy

Out of the over 60 patients, only one has failed to show clinical improvement so far.

Several case studies have been selected, and are presented hopefully to illustrate the amazing scope of illnesses that are being successfully treated with Samento at our clinic.

**CASE #1** BK, 48 year old white male, recently diagnosed with **incipient cirrhosis of the liver**. Patient has a history of light alcoholic consumption but at time of exam was under much personal and professional stress and was experiencing **acute flare up of Epstein Barr, herpes simplex, and systemic yeast**. Physical findings were significant for fatigue, weight loss, pale appearance, decreased urinary stream, and moderately tender liver of normal size. This patient began with Samento one capsule twice a day and then moved up to two capsules twice a day. Patient was also placed on a yeast-free diet, AA supplementation, and severe nocturnal cramping was alleviated with calcium supplementation and a multivitamin/mineral supplement. The patient experienced almost immediate increase energy, increased sense of well-being, and increased mental clarity. A mild diuretic effect was well tolerated as the urinary stream normalized within 3 to 5 days. The patient also experienced several healing crises which included liver tenderness, bowel inflammation at several sites, hemorrhoidal and fissure inflammation followed by normalization. The patient continues to improve on one per oral twice a day.

**CASE #2** PE, 53 year old white female **diabetic** education nurse. The patient has a long history of **rheumatoid arthritis** as well as **insulin dependent diabetes mellitus**, and also **hormone replacement therapy with synthetic estrogen alone since hysterectomy** in 1979. The patient expressed a desire for more natural treatment alternatives at her first visit. Other medications included Celebrex, Claritin D, Nasonex, and prednisone as needed in acute arthritic flare-ups.

The patient was changed to Natural TriEstPro. The Celebrex, Claritin, and Nasonex were discontinued and **SAMENTO** begun at **three capsules twice a day**. Despite the patient's initial skepticism, she has been well with no acute flare-ups. A mild decrease in fasting blood sugars has also been noted. The patient continues to do well on two capsules twice a day.

**CASE #3** KW, 33 year old white female with a history of **severe asthma** beginning after a bout of pneumonia as a 7-year-old. The patient has had multiple hospital admissions, with increasing severity and frequency of asthma attacks occurring the last few years. Her last hospitalization also almost required the use of intubation/respirator, and did require intravenous corticosteroid. The patient is taking Depoprovera IM every month, Proventil inhaler every day, Flovent inhaler twice a day, and Serovent inhaler twice a day. On physical exam, there was marked shortness of breath and abundant wheezing in all lung fields. Live cell microscopy revealed severe rouleaux. The patient was begun on Samento three capsules twice a day with marked improvement noted within three days. There have been no further hospital admissions to date, and the patient is back to work.

**CASE #4** AS, 56 year old white female with a history of **schizophrenia, cholecystitis/cholelithiasis** (surgery has been recommended on several occasions), **renal lithiasis**, and **poorly controlled hypertension**. Surgeries included **hysterectomy and bladder tack**. The patient had been noncompliant with medications (anti-hypertension and anti-psychotic), noncompliant with dietary restrictions (a hot fudge sundae occasioned her last gall bladder colic), and is **obese**. The patient was voluntarily restricted to home. On at least one occasion in the past, the patient had to be admitted for psychiatric care. Live cell testing revealed marked spicules, liver congestion, and marked lymphatic congestion. Prior to beginning Samento, the patient's mental condition was deteriorating with auditory and visual hallucinations, and increasing threats of physical harm directed toward her husband (actually directed toward "Raymond", but her husband's name is "Bill.") Within one week of beginning Samento the patient's mental condition remarkably stabilized.

The patient was able to leave home and shop **for the first time in three years**, and also became more compliant with taking medications, and improved compliance with scheduled office visits. It was felt that IM B No I would further improve the patient's condition but she would not tolerate the injections. The patient remains stable on Samento and anti-hypertension (Diovan) medication alone.

**CASE #5** PK, 56-year-old white female, who since 1998 has suffered neuralgia-like pain and burning sensations in the oral mucosa. Also **night sweats, chronic muscle and joint pain, fatigue, short-term memory loss, and visual blurring** ("seems my eyeglasses are dirty when they are clean.") Occult dental infection was corrected with oral surgery and a combination of oral penicillin and clindamycin. Symptomatic relief lasted several weeks after which the dental/oral facial neuralgia returned. The patient subsequently was diagnosed with **Lyme's disease** by fluorescing antibody. Colloidal silver (MSP) was initiated along with homeopathic Ledum, resulting in partial relief of symptoms. **SAMENTO** was added to the above regimen and **increased the patient's symptomatic relief to approximately 95%**.

**CASE #6** FC, 75 year old white male, with a long history of **chronic fatigue syndrome and fibromyalgia, and depression**. Chronic worsening symptoms of fatigue, muscle soreness, and cognitive loss ("I just can't think clearly") had rendered the patient almost housebound. Domestic support is minimal as the patient is married to a sedentary chain smoker little interested in her own health problems and who ridicules the patient's search for health in the alternative medical field. The patient also suffers from **insomnia**, which could more rightly be described as a **loss of circadian rhythm** as the patient is unable to fall asleep at night, then chronically is unable to awaken in the mornings. The patient takes Xanax, cytomel, Allegra, Humulin R and N. Treatment with Nutri-Spec diphasic supplementation designed to help restore a more normal diurnal rhythm met with limited success. The addition of **SAMENTO resulted in a marked improvement in the patient's energy level, sense**

**of well-being, increased daily activity, and improved cognitive functioning.**

**CASE #7** JM, 75 year old white male, with a **long-standing history of anemia**. The patient was successfully treated with whole food combinations of iron and chlorophyll (Standard Process Ferrofood and Chlorophyll Complex.) The patient then began to experience gastrointestinal distress and then had several episodes of rectal bleeding, determined on physical exam not to be of hemorrhoidal origin. The patient was scheduled for upper and lower gastrointestinal endoscopy which was delayed for one month due to hospital backlog. Samento was begun one 600mg capsule twice a day then increased to two per oral twice a day. The patient experienced one more episode of gastrointestinal bleeding while taking Samento, then a **cessation of symptoms. At the time of endoscopy, no upper or lower gastrointestinal lesion could be identified.** The patient continues to show clinical improvement.

In these cases and others, what we have consistently noted so far can be summarized as the following **positive clinical findings**:

- **Increased energy.** This in particular has been gratifying when used with chronic fatigue syndrome, fibromyalgia, and depression.
- **Sense of well being/lifting of brain fog.** Current studies are under way but this finding appears to be related to the anticoagulant properties of Samento. Those patients suffering from chronic cold hand and feet seem to make the most gain here. Also to be explored would be a positive effect on infertility, especially when coupled with Peruvian Maca.
- **Decreased inflammation.** Here there might be a transient exacerbation of symptoms, then a **marked** improvement. The only patient in our clinic who has not shown improvement was one who stopped the Samento when her symptoms worsened. There was no way to get this patient to understand the concept of a healing crisis.
- **Decreasing blood pressure.** Almost all of our anti-

hypertension patients have been able to lower their dosage of anti-hypertension medication. None have been able to **discontinue** the anti-hypertension medication altogether, at least at this point in time.

- **Decreasing blood sugar.** All our diabetic patients have had mild lowering of fasting blood sugars (**around** 10 to 20 points.)

- **Increased diuresis.** All of the patients have experienced a mild diuretic effect.

**Adverse clinical findings** include:

- **Lower extremity cramping.** This is **easily** alleviated when present by either/or calcium supplementation and a good multivitamin/mineral combination.

- Several patients have experienced **healing crises**. In fact, individual patients have experienced multiple “mini-crisis” with continued use of Samento. No patient has required hospitalization while on Samento.

- One patient experienced a severe **immediate gastritis**. The dose was lowered to 250mg each **day** instead of a normal starting dose of 1800mg twice a day. Within two weeks the maximum dose was tolerated. Gastrointestinal complaints have resolved. This patient’s presenting complaint was chronic migraine headache. No change has been noted yet in the severity or frequency of the headaches.

- **Skin rash.** Several of the patients experienced transient photosensitive skin rashes, none requiring any treatment other than time.

In our clinic, 12 patients have had adverse effects of one or all of the above.

**In conclusion**, as the several case studies illustrate, **Samento has proven in our clinic to be a safe natural remedy with a wide range of therapeutic efficacy. To date our patients continue to show remarkable clinical improvement.** As our experience and confidence with the use of Samento grows, we are applying Samento to an expanding list of clinical illnesses.

## How To Dose Samento

**By Atanas TZONKOV, herbalist and healer, editor in chief of Lechitel Weekly and director of Lechitel Health Center**

Last year I had several occasions to point out that one of the key problems related to the use and propagation of Samento is its dosage.

In fact to determine the dosage of a healing product means to answer at least 95 percent of the questions concerning its use. Why is it so important and so complicated to answer these questions? First of all the dosage makes the cure as well as the poison. Second, in order to specify the dosage you should know something about the contents of the product. Third, for the dosage to be effective you must know a lot, if not everything, about the patient and his illness. And fourth, when the dosage proves ineffective the person conducting the treatment needs to try and look into the reasons, and that’s how the new, pioneer steps in medicine are sometimes made...

I already had the opportunity at the First International Conference on Samento, which took place on March 22, 2001 in Sofia, Bulgaria, to explain why the conventional standardization of medicines known to us from the orthodox drug-based medical science is practically inapplicable, and useless, as far as herbs and Samento in particular are concerned.

What I have found out in my practice as a herbalist in the last more than 30 years in which I have treated tens of thousands of patients using hundreds of herbs and other natural products, is also confirmed in my work with Samento.

From those treated only the cancer patients are more than 350 and there are also people with diseases, more rare but considered incurable, like fibromyalgia, sarcoidosis, glaucoma, MS, etc. The diagnoses on my list that are positively influenced or cured by Samento are already 104.

Of course it’s inconceivable that all of them would recede or disappear with one and the same dosage of Samento!

The range of the healing dosage of Samento varies

between one sixth of a 600mg capsule and nine 600mg capsules a day, i.e. from 100 to 5400 mg daily. When we talk about dosing of Samento, we need to clarify some points:

1. The single dose
2. The daily dose
3. The treatment dose - for the duration of the treatment course
4. The maintenance dose
5. The prevention dose

So far the most unclear and unspecified question is the dosage for children. Samento is suitable for all childhood ages from 9 or 10 months up. Of course, as I already emphasized, enormous work on the part of many doctors, scientists and researchers is needed to get closer to the optimal doses of Samento for children. While a 1-year-old baby can take one 120mg capsule in two days, a well-developed 3-year-old can take a 600mg capsule divided in three. But this is still a single case and so far I don't recommend such a dose for 3-year-olds. In this particular case however the child's temperature was 40°C in the morning, most probably due to a developing influenza, and at noontime - 4 hours later - he already played with his temperature having dropped to 36.6°C.

No doubt some adult patients need a several days' adaptation period to be able to reach the maximum dosage of Samento. With many cancer patients we begin with 3 x 1 600mg capsules daily and in a week or two we move on to a 3 x 2 dosage.

The problems concerning the dosage and taking of Samento mostly ensue not from the patient's immune system, exhausted by disease, but from the fact that the ailing human body is overly "allergized" by the innumerable meaningless (but also damaging!) drugs and other conventional treatments like radiotherapy. Such "therapies" ruin the body's defenses and reserves even more and some of the patients "treated" that way end up showing a certain intolerance to Samento that manifests itself in feelings of tension and stinging in the back, stiffening of the joints and muscles and mild gastrointestinal complaints or dizziness. You should bear in mind that this happens to one in 300-500 patients and the problem is overcome once reducing the dosage. In some

of these cases there's also a psychogenic factor seen at the base - the fear of the unknown herb. It makes the body respond with the mentioned hostility, which is completely surmountable, not to mention that there's often no alternative to Samento - this product is the last chance that countless terminally ill people have.

The healing dose depends exclusively on the physical and psychological condition of the patient. One 60-year-old person with lung cancer metastasized to the liver and bones whose weight has dropped to 42 kg (at 180 cm of height) cannot absorb the "standard" dose of 3 x 2 capsules of Samento 600 mg recommended by Prof. Oswald whom I deeply respect, while for a patient in the early stages of disease (bladder cancer), with 175 cm of height and 80 kg of weight, the 3 x 2 dose is not only recommendable but in the most cases lifesaving - and he must take it... For how long?

This is another key point in the dosing of Samento.

Prof. Oswald, whose pioneer contribution to the elucidation of the cancer process and the effect of Samento on the human cells deserves our admiration, recommends a 3- to 4-month duration of the 3 x 2 treatment course for cancer patients.

But for me this is an unacceptable standard. If needed, the patient can take 3 x 2 600mg capsules daily for six or more months but this is rarely necessary and it's good to make short breaks from 2-3 to 10-15 days if the treatment with such doses continues for more than 2 or 4 months. In my own practice the optimal dosage of 3 x 2 capsules is being controlled by precise laboratory tests of the blood, urine and secretions, as well as different scans - ultrasound, X-ray, MRI, etc. And further on the dosage is determined by the progress of the treatment process (or that of the disease if we haven't been able to inhibit or eliminate it).

Here's only one particular example. C.B., 83, was diagnosed with **prostate cancer** in a prestigious hospital specialized in cancer treatment. Let's look at one of the criteria for control and observation of the patient - the tumor marker PSA. In October its value was 135. After 2 months of treatment with Samento 600 mg in a 3 x 1 dosage the PSA dropped to 85. On January 9 the patient underwent an operation. After another 3 weeks on the same treatment PSA was already 36. For lack of funds in February the patient



discontinued the use of Samento for 10 days but at the next control test the PSA was back to 50 already. Later on the treatment proceeded with a 2 x 1 dosage of Samento 600 mg (mornings and evenings half an hour before meals with a cup of warm Rooibos tea). The last control test from April 26, 2002 shows the tumor marker is normal - 1.75. The patient feels excellent.

The treatment dose depends on the goal we've set as well as the information we have about the patient. If we are going to treat a common flu (no matter whether type A, B or a new mutant form), 3 to 4 600mg capsules daily are enough for the patient to forget about the muscle and joint pain, the running nose and the fever already on the third day. Then the dosage can be reduced to 2 x 1 capsules for another 5 to 6 days and if no complications appear the patient can continue taking 1 capsule daily for about a month as a maintenance dosage.

In some cases the maintenance, prevention and treatment dose can prove identical. Of course such cases are rare but they still exist.

One capsule of Samento 120 mg daily is an excellent prevention dose against the flu, common cold and other similar troubles. However the same dosage proved entirely sufficient to cure in just a month a grave stomach condition in a 52-year-old woman that didn't recede to the latest therapies applied in such cases not only in Bulgaria but also in the USA and the entire developed world. I'll tell you about this case in more detail some other time.

There are quite a lot of examples for combating one and the same disease with a 2 x 1 (or 3 X 1 at maximum) dosage of Samento 600 mg in one patient, and not achieving anything even with the maximum 3 x 2 dose being applied for a whole 3 months in another patient. And the disease is not even cancer!?

How many more unknowns does Samento hide? I can only tell, on the base of my former experience of treating over 3000 people with Samento, that this herb has many more useful properties than we know and than we can suppose... It is the greatest example that the human health is more in the nature, whose part are also we people, than in the modern civilization that too often ruins men instead of strengthening their health.

**Fourth Samento International  
Scientific Conference  
Sofia, Bulgaria  
October 10, 2003**

## The Herb That Is Already Called A MIRACLE Even By Medical Professors

Two and a half years after the First Samento International Scientific Conference, which took place in the first country in the world to apply Samento on a mass scale for the treatment of thousands of people – Bulgaria, we once again play host, this time to the Fourth International Scientific Conference about “the herb of the 21<sup>st</sup> century”. This comes as an exceptional acknowledgement for our success in the field of the best, the optimal medicine.

After the first conference in Sofia (March 2001), the second in London (November 2001) and the third in Florida (May 2002), we can tell that the fourth one on October 10<sup>th</sup> 2003 (in Sofia) turned into an extraordinary event affecting the lives of millions of patients around the world. First of all because it proved the indisputable advantages of a new, not strictly scientific and not only natural medicine but the best synthesis of both types - a synthesis resulting in a more humane, gentle and a lot more efficient medicine formulated by Lechitel Weekly’s editor Atanas Tzonkov as optimal medicine in his conference report: *The Optimal Medicine Against The So-Called Untreatable Diseases*.

Second, because in the opposite ends of the world – from Ecuador and Peru to the United States, Bulgaria and Germany, the results accomplished in the treatment with Samento of thousands of hopelessly ill patients given up by conventional medicine, in terminal stages of cancer, suffering from AIDS, Parkinson’s and MS, in wheel-chairs, incapable of moving and talking, have showed that these patients have improved dramatically or fully recovered...

“This is not a medical plant but a real miracle, an incredible gift from God!” - such was the definition given for Samento by Dr. Luis Romero M.D. The same words you can read as well in the hundreds of letters published in the book *Samento: Health for Everyone* – the first book in the world dedicated to this unique plant that came out days before the conference in Sofia.

*Lechitel Weekly, No 42/2003*

## The Optimal Medicine Against The So-Called Untreatable Diseases

**By Atanas TZONKOV, herbalist and healer, editor in chief of Lechitel Weekly and director of Lechitel Health Center**

This paper isn’t built according to the canons of official medical science since I’m convinced these canons now prevent medicine from developing and people from receiving decent treatment, i.e. reasonable, sparing, effective. My paper doesn’t just infringe the accepted conventional principles and practices in medicine but also denies them as increasingly unproductive, absurd, non-scientific and inhumane. It offers new viewpoints on health and disease, on prevention and treatment. These claims are based not just on good intentions but on real facts, on practical results from the treatment of several tens of thousands of patients that encompass more than 100 conditions, including a large number of the so-called “untreatable” diseases: multiple sclerosis, cancer, diabetes, hypertension, asthma, arthritis, Parkinson’s disease, influenza, polycystic disease, etc.

The successful treatment of such “untreatable” conditions, or rather of such patients, or at least the accomplishment of an unseen so far improvement of their health conditions, is not a fiction, not a fruit of the placebo therapy, not a dream, but an unbiased and documented healing process.

I wouldn’t bother you with these general theoretical reflections but unfortunately without them it’s impossible to give a clear and understandable account of the extraordinary results that I’d like to report to you. These have been registered in the treatment of patients with **Parkinson’s, cancer, asthma, hepatitis, rheumatoid arthritis, chlamydia**, etc.

It is sad that though I have repeatedly raised the question, including on the First Samento Conference in 2001, about the new medical conceptions on which my therapeutical success-

es are based, almost no one (no doctor, no expert, no patient) notes the conceptions but nearly everyone is interested only in what kind of herbs I use and in what dosage. It's still good I'm not being asked what antibiotics or corticosteroids I use, but such an approach to disease and treatment doesn't bring a long way. And I don't wish to mention where it brings to - the sad world statistics of conventional medicine is pretty expressive and disheartening.

The medicine I preach, propose and apply is called OPTIMAL MEDICINE. Without its understanding, mastering and practicing it's impossible to attain and keep attaining the therapeutic results I've been recording - they are OPTIMAL! Otherwise with or without Samento, ginkgo biloba or coenzyme Q-10, the successes will alternate with failures, the hopes - with disappointments, the full hits - with woeful mistakes, the initial improvement - with a sudden funeral... And in both cases the patient or his doctor will wonder, not being able to grasp why the patient sometimes improves or even recovers, nor why at other times he gets worse or dies.

In a nutshell, the OPTIMAL MEDICINE combines all or almost all the best created by both scientific medicine (especially in the field of diagnostics) and alternative medicine (particularly in the realm of naturopathy: phytotherapy, apitherapy, nutritional therapy, etc.). To that I also add some personal views on the PATIENT'S OPTIMAL ANAMNESIS, as well as the OPTIMAL (not practiced anywhere else by physicians, experts or witch doctors!) DIAGNOSING OF THE PATIENT.

It's been said a long time ago that whoever diagnoses well, treats well. But I shall not interpret these words right now - they hide **the first key** to the treatment's success.

**The second key** to health is the OPTIMAL TREATMENT COMPLEX, conformed with the PATIENT'S OPTIMAL INDIVIDUAL CHARACTERISTIC: diagnostic findings (particularly in the blood serum and secretions), body weight, unhealthy habits, previous diseases, professional and family environment, etc.

In my practice as a healer I use only natural remedies: high-quality standardized herbal and other products, licensed by

the health authorities of the manufacturing country (USA, Finland, South Africa, Spain), as well as by those in Bulgaria.

In the first place I most often, almost always use Samento! As the doctors, by virtue of a bad tradition, most frequently apply antibiotics, corticosteroids, non-steroidal anti-inflammatory drugs, antidepressants, analgesics... As a matter of fact between the synthetic medications and Samento there's a certain ground for comparison: the medications are normally accompanied by a long list of side effects and Samento is accompanied by a long list of healing effects: antiviral, antibacterial, immunostimulating and immunomodulatory, antitumor, anaesthetic, haemostatic, antiparasitic, detoxifying, febrifuge, hypotensive, etc. This list is extended continuously.

None of the known herbs and contemporary medicines can match Samento. Samento outrivaled everything known in therapy on at least several criteria: **safety, power and speed of action, efficacy and a healing range unseen so far.** I already had the opportunity to make my comments on this "amazing healing action of Samento", as Prof. Oswald says. It is built into the herb's unique biochemical composition. And I would immediately like to emphasize that every attempt at self-treatment with Samento, since it is so curative and safe, and every effort to apply it in serious health problems without optimal diagnosing of the patient, **is ultimately not in the patient's interest** and sometimes this can undeservedly compromise Samento's exceptional reputation.

Here are just a few particular illustrations proving that Samento can both favorably influence the symptoms and eliminate the causes for a huge number of conditions, some of which are known even to date as incurable in official medicine:

**1.** R.R., 80, from Sliven, writes: "At the end of 2001 I too, the 80-year-old granny, had a **BREAST CANCER** surgery. In the first six months I took, as you prescribed, Samento and Rooibos tea every day - morning and evening, and after that, up to now, I take one capsule of Samento with Rooibos every morning. I also use some other products offered by Lechitel: the Spanish dietary biscuits, Gingkomax... Your magic herbs

**restored my blood pressure and blood sugar to a normal level, and the Parkinson's** I developed a couple of years ago **vanished** without a trace... Now I feel lively and strong as a 20-year-old. Every morning and afternoon I go out for a walk with my friends, all of them in their 60s and 70s. They tell me I have **the gait of a lass**, because **the knee pains I've had for 20 years disappeared too...**"

2. Ekaterina Atanasova from Varna writes: "I'd like to tell you about my sister who lives in the countryside and has developed **PARKINSON'S** 3 years ago. Initially she was taking Lechitel's products **Pycnogenol and Selesan** along with the prescription Madopar. Her condition was relieved, her nervous system calmed down, but she remained as **stiff** as before, **had difficulty walking and wasn't even able to cut herself a slice of bread. One of her arms was paralyzed.** Two months ago she started taking Samento 120 mg and then proceeded, as you recommended, with Samento 600 mg. Now for a few hours every day my sister **walks freely, as if she's never had Parkinson's.** She can take a bath all by herself and she can even wash by hand. This is a miracle for us!"

3. The third case is oncological. The patient, E.L., is 76, a wife of a medicine professor who has created several renowned medicaments. The woman has been diagnosed with **GENITAL CANCER metastasized throughout the body, in terminal stage - with pain and bleeding round-the-clock** that could be stopped with none of the remedies offered by the world oncology. The patient **was bedridden.** At the request of her husband her treatment started on April 15<sup>th</sup> 2001 with **Samento 600 mg. I prescribed the following dosage: 3 x 1 capsule, half an hour before meals with a cup of warm Rooibos.**

The first beneficial effects of this treatment came **on the sixth day: the pain subsided to such an extent** that the patient no longer needed the conventional helpless and harmful painkillers, and **the constant bleeding stopped!** She was saved and from that moment on every day of her life was owed to the yet incompletely identified healing powers of the

two plants and most of all Samento. Two and a half months later the patient, previously doomed and written off by orthodox medicine, **went out for a walk** (and made the round of the famous **Doctors' garden** twice) together with her husband - the professor of classical medicine, the creator of powerful synthetic drugs who believed in the phenomenal power of herbs and was not disappointed.

Unfortunately the further keeping track of the healing process became impossible due to reasons beyond my influence.

4. The patient S.N. from Shumen suffers from **HEPATITIS.** The blood tests show extremely high values: ASAT - 850, ALAT - 1980. The more detailed testing found out that the patient suffered from **drug-induced hepatitis.**

In spite of the desperation and mistrust that anything could help her anymore, while still in hospital the patient started treatment with Samento and Rooibos. **In less than a month the extremely high values of the hepatic markers ASAT and ALAT returned to normal.** After having used 5 bottles of Samento in total, the patient keeps on feeling well including after the ninth month...

5. S.B., 68, is a teacher from Pleven. She suffers - or rather suffered - from **BRONCHIAL ASTHMA** for 36 years! The diagnosis had been specified at the University Hospital in Pleven and confirmed by the National Laboratory at the Institute of Infectious and Parasitic Diseases in Sofia. The treatment - only symptomatic of course - included nophilin, clemastin, antibiotics, syrups, salbutamol. The patient has a proven **allergy** to dust mites, bird down and plumage, various perfumes and pollen from herbs and flowers. She was subjected to desensitization from 1969 to 1980. The severe **cough** subsided but the **difficult breathing** persisted, as well as the **rapid exhaustion.** The use of **Becloforte** and **Ventolin** inhalers caused **dermatitis** (rashes and itching).

After a 3-month use of Samento 600 mg in a 2 x 1 dosage with a cup of Rooibos tea half an hour before meals, the **difficult inhaling and exhaling disappeared. So did the rashes and the itching** caused by the corticosteroidal "treat-

ment". The inhaler and all the previously taken medicines were rendered unnecessary and their use was discontinued. This lasting effect has persisted for more than 9 months already. The patient comments upon the results of her treatment with Samento saying, "I've been born again!"

**6.** J.I., 80, had undergone **BREAST CANCER** surgery 15 years ago. She contacted me in the spring of 2001 when her medical record listed the following conditions and symptoms: **bilateral chronic pyelonephritis, chronic gastroduodenitis, hypertension, insomnia, conjunctivitis, vertigo, allergies, rhinitis, tracheitis, rheumatic pains, parodontitis, itching all over the body, fatty infiltration of the liver...** Until then the patient had been treated unsuccessfully with non-steroidal anti-inflammatory drugs, antibiotics and all kind of other medicines. Her blood sugar level was slightly elevated, as well as the blood fats. The tumor markers (CA 15-3) varied from 19 to 52 (Nov 4<sup>th</sup> 2000 - June 28<sup>th</sup> 2001). The sedimentation rate (SR) was above the norm – from 20 to 60 (between January and October 2002).

I appointed tests for the detection of Chlamydia and Helicobacter pylori that no one had done to her before. The results were: **Helicobacter pylori – positive (240), Chlamydia trachomatis – positive (1:512).**

After prolonged treatment, mainly with Samento 600 mg by a complex scheme, and several other natural products, the following results were achieved:

**First**, all disease symptoms faded away.

**Second**, some of the paraclinical readings move in the upper range but most of the time remain within the norm (glucose, lipids, liver enzymes).

**Third**, some other indicators like the tumor marker CA 15-3 and SR have still not completely returned to normal.

**Fourth**, Helicobacter pylori (positive) was reduced from 240 (on May 9<sup>th</sup> 2001) to 90 (positive) on April 22<sup>nd</sup> 2002.

**Fifth**, Chlamydia trachomatis levels were reduced from 1:512 (May 9<sup>th</sup> 2001) to zero (April 22<sup>nd</sup> 2002).

**Sixth**, the rheumatic marker AST was brought down

from 1:264 (March 28<sup>th</sup> 2002) to 1:16 (Oct 30<sup>th</sup> 2002), which is negative.

**Seventh**, the patient feels lively, energetic and has no complaints. At her 80 years of age!

It is in cases like this that the advantages of Samento over pharmaceuticals stand out most brightly. It becomes clear how and why Samento copes with scores of diseases, including such that the most up-to-date medicaments are helpless against. While doctors are attempting to cure with drugs one disease or another - one drug against arthritis, others against hypertension, third against cancer, and then adding fourth and fifth and seventh to get rid of the dermatitis, the drug-induced hepatitis or the ulcerous colitis, caused while trying to cure so many conditions with so many medicines that have so many side effects... **Samento doesn't treat diseases, it treats patients!**

By applying the optimal diagnostics, in most cases the doctor can really reach the roots of the disease, the cause or causes laying beneath it. This raises the chances not just for treating, but also for **curing the patient**. Scientific medicine talks about radical, pathogenetic, definitive, i.e. real treatment. Samento doesn't talk about it - it does it. Such real treatment can be accomplished also by other herbs, by other natural remedies. Samento just possesses the optimal therapeutical qualities.

We have to admit that Samento is something much bigger than our notion, our estimates, our current knowledge of it. And every future day will provide new arguments supporting this statement-prognosis.

Pay attention - while conventional medicines are designed to eliminate at least one disease, Samento never limits itself to just one condition. This is the moment to emphasize once again that it can do this job the best if on the basis of an optimal diagnostics the herb is applied in the optimal dosage for every particular case. Thus Samento manages to cope with dozens of diseases and symptoms, including such among the so-called "incurable". It successfully restores normal blood pressure

(lowering the high and raising the low), blood sugar, cholesterol levels, body temperature and sedimentation rate; eliminates viral, bacterial and other infections, strengthens the weakened immune system that in turn completes the overall healing process.

By reporting these incredible and even sensational cases, **I don't mean to say that with Samento or other natural remedies one can heal for instance every cancer patient, but still I don't say that one can't.** A few more years are needed to obtain the clear, peremptory, indisputable answer to this big question. I'm looking forward to it with optimism.

But for the present we already have an obvious answer to this question: **what the herbs can do, what Samento can do, what Optimal medicine can do?** Following certain rules and requirements for diagnostics, treatment and behavior, my patients improve subjectively and objectively faster than those treated with conventional medicines. They recover more often than reported by official medicine statistics, and even when they die, they meet their end in calmness, physical and mental comfort, with no pain and sleeplessness, no fear and suffering of whatever nature.

This is what **SAMENTO** in particular can give to mankind, and this is what **OPTIMAL MEDICINE** in general can give to the world!

## The Role of Samento: Elimination of Untreatable Organisms

**By Dr. Luis Romero, M.D., Ph.D.**

Dr. Luis Romero M.D., Ph.D., born in Venezuela, earned his M.D. at the Venezuelan Central University and served his full Internal Medicine Post Grad work at the J.M. Vargas University Hospital of Caracas, Venezuela.

He was a visiting trainee at The Sloan-Kettering Institute for Cancer Research, with Dr. Felix Wroblewski and Dr. Mary Peterman, as well as at the Rockefeller Institute in New York City with Dr. S. Moore and W. Stain (Dr. Peterman, Moore and Stain – all Nobel Prize Winners).

In 1979 he was accepted to do his fellowships in Cardiovascular Medicine and Clinical Pharmacology at the combined program of The University of Massachusetts-Harvard University in Boston, Massachusetts and finished his post-graduate Magna Cum laude. He later returned to Caracas, Venezuela as Adjunct and Professor of Cardiology and Medicine at the M. Perez Carreño University Affiliated Hospital.

In 1995 Dr. Romero founded in Puerto Rico the First International Chapter of the Humanitas International Foundation, a non-profit organization devoted to the design, development and execution of Community Educational and Health Promotion Programs. In 2002 he was appointed as President and Scientific Director of the Humanitas Research Institute.

Since 1997 Dr. Romero has been living in Miami, Florida and participating in research studies in collaboration with medical universities in USA, Latina America and Europe.

### **Treatment for Untreatable Microbial**

Uncaria tomentosa is included among the WHO Medicinal Plants Monographs, in British Herbal Pharmacopoeia and in the European Pharmacopoeia PRAXIS.

When we talk about pharmacology, we are going to be concentrating on the active ingredients inside *Uncaria tomentosa*.

*Uncaria tomentosa*'s most important biologically active components are alkaloids. The most important alkaloids are the tetra-cyclic and the penta-cyclic oxindole alkaloids. Unfortunately, the conventional *Uncaria tomentosa* contains tetra-cyclic and penta-cyclic alkaloids. And unfortunately its excellent action in the body is blocked by the tetra-cyclic oxindole alkaloids. Many other plants, like broccoli, contain penta-cyclic and tetra-cyclic oxindole alkaloids. But Samento is the only one in the world that contains 100% penta-cyclic oxindole alkaloids.

Samento is chemo-type, which contains only Penta-Cyclic alkaloids. Tetra-cyclic alkaloids inhibit the proper action of the penta-cyclic as a very potent immune modulator.

*Uncaria tomentosa* also contains actives:

- polyphenols, tannins, and procyanidines
- sterols, plus triterpenes as oleanolic and ursolic acids. The beta-sitosterols are heavily contented in Samento. Also contains more than 10 quinovic acid glycosides.

The oxindole alkaloids act mainly in the Central nervous system.

The indole alkaloids have the following effects:

- antiviral
- smooth muscle relaxant
- reduces blood pressure
- anti-spasmodic
- gastro-intestinal mucosa protector
- anti-arrhythmic
- anti-convulsing
- analgesic

Physiological actions of the indole alkaloids:

- non-competitive dopamine inhibition
- reduction of intracellular calcium by: inhibition of using cellular reserves; blocking Ca<sup>++</sup> inflow through Calcium membrane channels

- selective block of alpha-1 and alpha-2 receptors in cardiac muscle and other organs: lungs (bronchial), anti-hypertensive action.

Tetracyclic oxindole alkaloids (TOAs) act predominantly at central and peripheral nerve systems. In the immune system, block pentacyclic oxindole alkaloids (POAs) actions.

POAs stimulate vascular endothelial cells regulating VEGF (angiogenesis control). POAs induce endothelial cells to release a lymphocyte proliferation – regulating factors.

POAs cause activation and regulation of B and T lymphocytes.

Samento is stopping, inhibiting the proliferation of lymphoblast.

POAs cause:

- Inhibition of immature cells = B & T lymphoblast (specific POAs action)
- Inhibition of DNA polymerase activity (vitro/vivo)
- Enhances phagocytosis (vitro/vivo)
- Anti-pyretic and anti-inflammatory effects
- Cytotoxic effect on tumor cell lines (lung, cervical, and prostate)

Another very important effect of this gift of God, Samento, is that it also modulates the tumor necrotizing factor

Glycosides

● anti-inflammatory and broad anti-microbial effects against bacteria, virus and Candida (anti-rhinovirus, VSV-vesicular stomatitis virus)

● anti-Borrellia: research pilot study on Lyme's disease stage III patients at Dallas/Forth Worth, Texas, March 2003.

Triterpenes & nor Triterpenes:

- anti-oxidant, anti-viral, anti-Leishmaniosis
- immune modulator and immune stimulant
- hypo-glycemizing
- anti-tumor and cytostatic, it has been proven beneficial activity against lungs, skin, brain, colon and stomach cancers
- anti-angiogenesis.

Everything is recoverable. As we see in the December

edition of "Scientific American" the cells, that were thought to be unrecoverable – the neurons – are recoverable, if you do the proper things.

#### **Samento works in any disease.**

I suffered from cancer disease 15 years ago. I am a proud cancer survivor. And the chemotherapy they gave me at the Harvard Institute didn't work. So I went back in my country Venezuela. And our Lord saved me, directing me to see a doctor from India, and he gave me Ayurvedic medicine plus a total of 396 capsule a day, of course I didn't swallow. From papaya, a tropical fruit, I was making a puree and I was eating that puree all day through until midnight, and I am here. In those years Samento didn't exist.

And doctors from Harvard University have already demonstrated the big mistake that the conventional medicine is doing in treating cancer. As soon as the oncologists or the surgeons see a tumor, they call immediately for operating and then chemotherapy.

#### Sterols:

- very potent anti-inflammatory action (high concentration of B-sitosterol)

- anti-atherosclerotic

And this is the action of Samento on the bronchial area.

In three segments of the pathway for developing bronchial spasms Samento acts. We see people with bronchial asthma for 20 years and gaining relief in three days, using Samento

#### Polyphenols have:

- anti-inflammatory

- anti-tumor

- hypoglycemizing effects.

#### Flavonoids:

The procyanidines and tannins:

- vasoprotector (anti-oxidant)

- anti-inflammatory

- anti-tumor (garlic acid)

Samento contains several glycans that play a key role in helping cells in restoring the cell-to-cell communication func-

tion as well the synthesis of glyco-proteins. Samento has 6 of them. Those are indispensable for restoring the cell to cell communication and Samento has 6 of them.

The only creature that contains 8 is Aloe Vera. The breast milk contains 7.

Therefore Uncaria tomentosa TOA free contains glycans and restores the glycol-proteins synthesis, which are indispensable for restoring the epithel physiology

And in case of toxicology, research studies using aqueous Uncaria tomentosa extract did not cause toxic symptoms, as well as any mutagenic effect or any visible organic changes. All the toxicological studies reveal zero effect in animal or human beings.

In our studies of different type of chronic illnesses and regardless of the name of the illness, Samento works.

I will present now 2 case studies, one of MC, only 30 months old, with a diagnosis of Juvenile rheumatoid arthritis. Treated with steroids, and methotexate, with no clinical improvement. She began Samento plus diet in November last year (2002) and today she is 98% normal. She has 85% less swelling and is pain free and recovered her knee functions in about 95% (mobility – flexibility).

#### Samento in Parkinson's Disease (PD)

This one is the most important one. One patient suffering of PD for 27 years. He is 87 years old. And he underwent all kind of therapy. Nothing happened. He started treatment with Samento and within the first week the patient started to improve.

By the third week, patient was walking. I need to tell you that this patient was end stage Parkinson disease. Couldn't eat, couldn't talk and couldn't walk. And today he is speaking, walking, doing everything.

Three patients with acute food poisoning took Samento and within 3 hours, within the same day, they took Samento every 3 hours, symptoms were totally controlled and stopped within 24 hours.

So, in conclusion, Samento's action is related to the



effect that Samento produces on the neurotoxins. And the neurotoxins are the most important molecules, produced by *Borrelia burgdorferi*. Beside of that, Samento is a poison antidot

We have one incredible tool for treating anything, of any age, we have been treating even newborns.

I had a patient with Down Syndrome, in Venezuela, and she started taking Samento and she was never taken to the Emergency room with any acute respiratory illnesses. And we know that Down Syndromes, they create very frequently, acute respiratory illnesses.

Samento has shown to be highly effective as treatment for "un-treatable" microbial.

Samento is an active anti-toxicant. Is an active antidot as well as prevents premature aging. So we are going to keep the Bulgarian younger and younger with Samento. I use Samento every day and I don't have any illness and I use Samento because I want to keep my energy all my life. When am I going to stop taking Samento? As soon as I reach my age of 130 years!

(With abbreviations)

## **Report On A Pilot Study Demonstrating That Samento Is Effective In Treating Lyme Borreliosis: An Infection Linked To Over 300 Conditions**

**By Svetlana Ivanova, M.D., Ph.D.**

### **Investigators:**

- William Lee Cowden, M.D.
- Hamid Moayad, D.O. – Lyme Literate Physician
- Joan Vandergriff, N.D. – Nutritional Consultant
- Luis Romero, M.D., Ph.D.
- Svetlana Ivanova, M.D., Ph.D.

### **Introduction and History of Lyme Disease**

In the Last decade, the "avalanche" of the scientifically proven research data on many aspects of the Lyme disease (Lyme borreliosis) dramatically changed the understanding of this "mysterious" illness and the methods for its treatment.

Lyme disease was first recognized in the United States in 1975, following a mysterious outbreak of juvenile rheumatoid arthritis near the community of Lyme, Connecticut.

The rural location of the Lyme outbreak and the onset of illness during summer and early fall suggested that the transmission of the disease was by an arthropod vector.

In 1982, the etiologic agent of Lyme disease was discovered by Willy Burgdorfer.

Burgdorfer isolated spirochetes belonging to the genus *Borrelia* from the mid-guts of Ixodes ticks. He showed that these spirochetes reacted with immune serum from patients that had been diagnosed with Lyme disease. Consequently, the Lyme

spirochete resembling the syphilis spirochete was given the name *Borrelia burgdorferi*.

This infectious illness we now call Lyme disease or Lyme borreliosis, was first described earlier in the twentieth century in Europe under a variety of other names, such as erythema chronicum migrans or Bannwarth's syndrome.

### **Number of Cases**

Lyme disease is currently recognized as the fastest-growing epidemic in the world.

The Center for Disease Control (CDC) in Atlanta, Georgia, U.S.A. reports that there have been less than 180,000 confirmed cases of Lyme disease since 1980.

Nick Harris, Ph.D., Director of the International Lyme and Associated Diseases Society (ILADS), states "Lyme is grossly under-reported. In the U.S. we probably have about 200,000 cases per year."

Dan Kinderlehrer, M.D., stated on the Today Show (June 10, 2002) that the actual number of cases may be closer to 100 times more (18 million cases) than what the CDC reports.

Joanne Whitaker, M.D., who specializes in advanced testing methods for Lyme borreliosis, suspects that the great majority of people in the U.S. are infected with *Borrelia burgdorferi*. Dr Whitaker has developed a "Rapid Identification of *Borrelia burgdorferi*" (RIBb) test and has over 2900 positive specimens for Bb from forty-six (46) states, including Alaska and Hawaii. In addition, Dr. Whitaker has had positive specimens from Canada, Brazil, Denmark, Scotland, The Netherlands, Ireland, England, France, Spain, Germany, Switzerland, and the Canary Islands.

Drs. W.T. Harvey and P. Salvato of Diversified Medical Practices in Houston, Texas, USA, being puzzled by high numbers of chronically ill *Borrelia burgdorferi* (Bb) PCR- and seropositive patients not only in endemic areas, but also in "non-endemic" regions all around the world, analyzed over 300 references on most controversial scientific research data in epidemiology,

microbiology, immunology, diagnostic procedures, and clinical presentation of the Lyme infection, and proposed that there are at least two similar and unified, but distinct forms of human *B. burgdorferi* infection: "Lyme disease" (the only presently acknowledged *Borrelia burgdorferi* illness from a zoonotic disease) and "Epidemic Borreliosis", in which the transfer of infection is intra-human (congenital or sexual) and is initially silent or unrecognized. Being untreated, this infection is life-long, dormant, and latency (chronic, persistent infection), late activation, and reactivation (triggered by any unfavorable events that impair the immune system function) are common. Late (more than one year old) zoonotic disease may overlap both forms. They also emphasize that zoonotic transfer was likely the initial route of human inoculation and continues with regularity into the larger pool of infected humans in zoonotically endemic regions as a primary or a repeated event through the life-time of the human host.

The existence of a much larger "non-Lyme" pool of *Borrelia burgdorferi* – infected humans with a clinical presentation of extraordinary variability from asymptomatic infection to clinically pronounced forms, mostly mislabeled with other diseases, has a global geographic distribution in all 6 continents in both endemic and non-endemic regions, and far greater prevalence (in at least 15.5% of all the population on the Earth).

William Lee Cowden, M.D., a Primary Investigator of the current Pilot Study, states that "there are very few symptoms where one shouldn't consider Lyme, especially given that a quarter of the U.S. population may be affected. It is estimated that Lyme disease may be a contributing factor in more than 50% of chronically ill people."

The latest research data on epidemiology of Lyme borreliosis confirmed that besides ticks, Lyme can be transmitted by fleas, mosquitoes, mites, human-to-human contact, blood transfusions, gnats, unpasteurized milk, and some other raw foods of animal origin.

### **Frequently Misdiagnosed**

Katrina Tang, M.D., H.M.D., Medical Director of the Century Wellness Clinic in Reno, Nevada, U.S.A., states that Lyme Disease eludes many doctors because of its ability to mimic many other diseases. According to an informal study conducted by the American Lyme Disease Alliance (ALDA), most patients diagnosed with Chronic Fatigue Syndrome (CFS) are actually suffering from Lyme disease. In a study of 31 patients diagnosed with CFS, 28 patients, or 90.3% were found to be ill as a result of Lyme.

Dr. Paul Fink, past president of the American Psychiatric Association, has acknowledged that Lyme disease can contribute to every psychiatric disorder in the Diagnostic Symptoms Manual IV (DSM-IV). This manual is used to diagnose psychiatric conditions such as attention deficit disorder (ADD), antisocial personality, panic attacks, anorexia nervosa, autism and Aspergers syndrome (a form of autism).

Lyme disease has often been misdiagnosed as various allergic conditions, Alzheimer's Disease, Attention Deficit Disorder (ADD), Autism, Chronic Candidiasis, Chronic Fatigue Syndrome, Crohn's Disease, Epstein Barr Infection, Fibromyalgia, Guillain-Barre Syndrome, Headaches (severe), Hypothyroidism, Irritable Bowel Syndrome, Juvenile Rheumatoid Arthritis, Lou Gehrig's Disease (ALS), Lupus, Ophthalmologic Disorders, Parkinson's Disease, Pseudo-tumor Cerebri, Rheumatoid Arthritis, Temporomandibular Joint (TMJ) Syndrome, Trigeminal Neuralgia, Multiple Sclerosis. Additionally, Lyme disease has been misdiagnosed as a neuro-psychiatric problem such as Bipolar Disorder and Schizophrenia.

Tracking the world-wide data on diagnosis and clinical presentation of Lyme borreliosis, it has been shown that this infection has been linked to over 300 conditions and illnesses.

### **Stages of Lyme Disease (Zoonotic Case)**

**Stage 1 (Early Infection)** – Bull's eye rash (25%) that usual-

ly develops at the site of the tick bite and is accompanied by flu-like symptoms. Spirochetes can be isolated from the leading edge of the rash. (Antibiotics effective at this stage)

**Stage 2 (Dissemination Stage)**– Occurs days to weeks following infection. At this stage the spirochetes spread hematogenously to additional body tissues. One or more of the following symptoms and signs may be noted: fatigue, chills and fever, headache, loss of appetite, muscle and joint pain, "migratory arthritis", swollen lymph nodes, secondary annular skin lesion.

**Stage 3 (Persistent Infection / Chronic Lyme Disease)** - Weeks, months, or years after a tick bite or other exposure to *Borrelia burgdorferi*; Common clinical manifestations at this stage include: Profound fatigue, Severe neurological symptoms, Cardiac involvement, Memory loss, Cognitive dysfunction, Concentration and Thinking Problems, Migratory pain to joints, tendons and muscles, Oligoarthritis; Nervous System abnormalities can include numbness, pain, Bell's palsy (paralysis of the facial muscles, usually on one side), meningitis and/or encephalitis (fever, stiff neck, severe headache, emotional instability, personality changes).

Joseph J. Burrascano JR., M.D., one of the world leading specialists in Lyme disease, considers "Lyme disease" to be "not simply an infection with *Borrelia burgdorferi*, but complex illness potentially consisting of multiple tick-derived co-infections; in late stages, it also includes collateral conditions resulting from being ill with multiple pathogens, each of which can have profound impact on the person's overall health".

The most common microbial co-infections in Lyme disease are: Babesia, Ehrlichia, Bartonella, Mycoplasma, Chlamydia, Viruses (mostly often - CMV, HSV1, HSV2).

Association of these infections in chronically ill patients

can result in damage to virtually all bodily systems. In addition, it is possible to see latent infections reactivated, especially of the Herpes type. Studies have shown that concurrent Borrelial and Ehrlichial and/or Babesial infections change their individual clinical presentations, with different symptoms, atypical signs, decreased reliability of standard diagnostic tests, and most importantly, the creation of chronic, persistent forms of each of these infections.

### **How Samento may be effective in treating Lyme Borreliosis**

The latest research on *Borrelia burgdorferi* (Bb) shows that it exists in at least three different forms: the spirochete, the spheroplast (also known as L-forms and/or Cell-wall deficient forms), and the cyst. During the course of infection, Bb can shift among these three forms, converting from the spirochete form to the others when presented with an unfavorable environment (antibiotics, changes in pH of body fluids in chronic inflammation, etc.), and reverting back to the spirochete form to grow and reproduce upon being released from naturally aging and dying infected cells. It is during the growth period after re-conversion to the spirochete form, as well as in adult spirochete form, that Bb is most vulnerable and susceptible to pharmaceutical and natural herbal antibiotics and natural elimination by the body's immune system.

The severity of Lyme presentation is directly related to the spirochete load: low load results in mild or even asymptomatic infections. With increased spirochete load from subsequent repeated infections and/or reactivated dormant infections, the severity of the disease increases. Higher loads also impair key cells of the immune system and modify the immune response, thus making the immune system unable to fight the pathogen.

The negative effects on the immune system increase the longer the Borrelias are present. To prevail in the effort to fight Lyme disease, it is necessary not only to restore the immune sys-

tem to normal functioning, but to boost it as well. Even a normal functioning immune system is unable to attack and eliminate Bb in all its forms.

The results of research on Samento (TOA-free Chemotype of Peruvian Cat's Claw) demonstrate its powerful immune system modulating and stimulating properties, along with pronounced anti-inflammatory, antioxidant, and anti-infectious effects. The diverse spectrum of the biological activities of Samento is due to its biologically active compounds. The pentacyclic oxindole alkaloids (POAs) contained in this Chemotype are generally accepted as the principal immunomodulating and immunostimulating agents. POAs are actively involved in the repair of many elements and functional mechanisms of both the innate and acquired immunity damaged by the *Borrelia* and other co-infections, assisting in restoration of structural and functional integrity of the immune system, enhancing its ability to eliminate the pathogens naturally. In addition, this Chemotype contains quinovic acid glycosides – compounds with strong natural antibiotic properties (the latest generations of conventional synthetic antibiotics "Quinolones" are based on quinovic acid glycosides), which further enhance the medicinal effect of Samento in fighting the infection.

Bb can remain viable within various cells, including macrophages, lymphocytes, endothelial cells, neurons, and fibroblasts. Considering the life-time of intracellular forms of Bb equivalent to the life-span of the cells invaded by these forms, they should be constantly released into surrounding environment upon the natural human cell death. The release of intracellular forms of Bb is gradual over the time due to various life-span of various invaded cells. Since about 90% of these forms reside in various human cells (including all blood cells) which have the life-span from 2-3 weeks to 6-8 months, it may be assumed that within a 6 to 8 month period, a significant majority of all intracellular forms of Bb will be released into the environment where they can be successfully attacked by a properly functioning immune system and a natural powerful herbal antibiotic.

**Preliminary Studies:** 58 patients with stage-3 Chronic Lyme disease with significant neurological involvement, who had not improve significantly on antibiotic therapy, and had been referred from the Lyme Literate Physician, were treated empirically in the Dallas-Fort Worth area (Texas, U.S.A.) with a combination of Samento, nutritional supplements, dietary changes and body pH-balancing, and showed 25-50% improvement in overall symptoms over the period of 2 – 3 months. It was decided that refining the treatment protocol in a prospective cohort study could be quite instructive.

#### **Pilot Study - Experimental Design and Methods:**

The 6-month Study was aimed to evaluate the participants' response to alternative therapy with **Samento** (Pentacyclic Alkaloid Chemotype *Uncaria tomentosa*, also known as TOA-Free Cat's Claw) compared with conventional therapy for Chronic Lyme Disease (including antibiotics and/or symptomatic treatment for existing conditions).

28 patients with Chronic Lyme Disease (Lyme Neuroborreliosis) started study:

14 patients (control group): continued using conventional therapy (including antibiotics and/or symptomatic treatment for existing conditions) with no other intervention; all 14 patients completed study.

14 patients (experimental group): received alternative treatment (including Samento, dietary changes, and some natural supplements for the initial body pH-balancing); 13 patients completed study (1 patient dropped out due to cancer surgery at the very beginning of the study).

The patients of both the Control and the Experimental groups had a comparable degree of illness, age sex, blood type, social-economic status and the duration of their Lyme disease.

In all the participants clinical diagnosis of Chronic Lyme Borreliosis has been confirmed by positive Western Blot Test before the beginning of the Study.

During the study period, all participants had initial and final office visits, and within the 6-month period were followed on a monthly basis, and additionally on as-needed basis for evaluation and treatment of their health condition.

All study participants had their Initial Medical history at the beginning of the study, and on each visit - Physical examination, Neurophysiological testing, Kinesiological Analysis, Quality of Life Self-Assessment with "SF 8 Health Survey" (a validated, historical questionnaire developed by the Medical Outcomes Trust of Boston, USA) and "10 Top Health Concerns Self-Assessment" questionnaire with a scale of 1-to-10 for the degree of the severity of patients' ten most problematic symptoms. Laboratory tests included Serologic Tests for detecting *Borrelia burgdorferi* and other Infections (including the Western Blot – IgG & IgM anti-Borrelial Antibody Test) at the beginning and at the end of the study; Routine clinical blood test (including comprehensive metabolic panel, CBC, WBC differential, CRP, ESR) and complete clinical urinalysis with microscopic evaluation, Biological Terrain Evaluation (pH Strips - Saliva and Urine, Sugar and Mineral content in Urine), and Dark Field Microscopy of the live blood at least 3 times during the study period (at the beginning, at the end, and after first ten weeks of study).

During the first 14 days of the study, the 13 patients of the Experimental group each had dietary changes compatible with their blood type and metabolic type, and used tissue pH balancing with green drinks and other individually recommended supplements, enzymes with and in-between meals, lymph drainage, kidney drainage, liver supporting natural remedies, eicosapentonic acid, anti-oxidants, minerals, vitamins, homeopathics, and a few select organ-balancing herbs, but **no Samento**. All prescription antibiotics were stopped in these 13 patients before the study started. Previous experience with the other 58 patients had taught us that due to Samento being such a powerful antimicrobial, patients would get a severe

Herxheimer reaction if they were not detoxified and prepared to receive the Samento before starting the first dose.

Each of the 13 "treatment" patients improved somewhat in their symptoms during these first 14 days. The Samento dose was started from the third week of the study (on the 15-th day of the study period) at one capsule (600 mg) three times a day in most patients, and built up to three capsules three times a day over a six-to-nine day dose-adjustment period. By the end of the 4-th week of the study period, all the patients had been adjusted to the therapeutic dose of Samento (3 capsules 3 times a day).

During the following 4 weeks (the 5-th – 8-th weeks of study), these 13 "treatment" patients were kept on nine capsules of Samento per day, plus the other vitamins, minerals, herbal and homeopathic support. During the next 2 weeks (the 9<sup>th</sup> – 10<sup>th</sup> weeks of study), the Samento was continued at the same dosage (nine capsules per day), and other supportive remedies were used in minimal amount (only on as-needed basis).

After the tenth week of the study period, most of the other supportive remedies were discontinued, and the Samento was continued at six-to-nine capsules per day in the "treatment" patients for an additional 14 weeks.

### **Results of the Pilot Study**

At the beginning of the study, the most prominent clinical symptoms in all the patients of the both groups were (in the "Treatment" and the "Control" groups respectively):

Fatigue - 92,3% and 85,7%; Joint pain – 84,6% and 64,3%; Muscle pain- 53,8% and 57,1%; Digestive disturbances and/or Stomach pain – 84,6% and 57,1%; Memory impairment – 30,8% and 71,4%; Cognitive dysfunction – 61,5% and 57,1%; Limbic Encephalopathy Symptoms – 76,9% and 50,0%; Sleep disturbances – 30,8% and 21,4%; Headache (severe) – 23,1% and 42,9%; Peripheral Neuropathy symptoms were noted in 46,2% of the patients of the "Treatment" group only.

At the beginning of the study, all the participants were

seropositive to *Borrelia burgdorferi* by Western Blot Test, and in both the "Treatment" and the "Control" groups, about the half of the patients (46% and 43% correspondingly) had co-infections with Babesia, Ehrlichia, Cytomegalovirus, Herpes Virus Type 1 and 2, Mycoplasma, and Chlamydia.

Based on the results of the patients' Self-Assessment questionnaires, clinical evaluation, and laboratory tests, all 13 participants of the Experimental group compared to the participants of the Control group, showed higher (in 2 to 3,5 times significant (in two to four times improvement in their health condition within the first 10 weeks of study and continued to improve during the entire study period.

Diagrams of the Clinical Symptoms (Slides ## 1-11) demonstrate: decreased fatigue; significantly reduced joint and muscle pain, stomach pain and digestive disturbances; diminished peripheral neuropathy symptoms; increased energy level; improved sleep, cognitive abilities, memory, concentration and thinking process; significantly decreased anxiety, depression, irritability, mood swings, and communication problems.

Compared Diagrams of the patients' clinical improvement during the entire study period (Slides ## 12-19), show that the patients of the "Treatment" group compared with the patients of the "Control" group improved significantly higher (in 2,2 to 3,6 times) in all clinical symptoms.

The following Slide #20 demonstrates the changes in Patients' overall clinical condition (according to the doctors' evaluation) during the entire study period.

In the "Treatment" group, from 13 patients: 6 (46.2%) showed significant improvement, 5 (38.5%) – marked improvement, and 2 (15,3%) – moderate improvement.

In the "Control" group, from 14 patients: 1 (7.1%) showed moderate improvement, 6 (42,9%) – slight improvement, 3 (21,4%)- worsened, and 4 patients (28,6%) remained with no change in their clinical conditions.

The following Diagrams (Slides ## 21-29), based on the results of "SF 8 Survey", show that the impact of patients' phys-

ical, mental, and emotional health problems on their physical activities, daily work, and social activities with family or friends by the end of the treatment course was significantly lower than at the beginning of the study in almost all the patients of the "Treatment" group. By the end of the treatment period, 11 from 13 of these patients evaluated their health in general as 'better' or 'much better now' compared with one year ago, and 2 patients evaluated their health in general as "about the same".

In the patients of the "Control" group, the results of the "SF 8 Survey" did not demonstrate significant differences during the entire study period (Slides ## 30 – 38).

In the patients of the "Treatment" group, the clinical blood tests showed steady improvement in patients' triglycerides and cholesterol levels, and normalization of the HDL/LDL ratio, more noticeable in the patients with more significant clinical improvement. In the patients of the "Control" group, the triglycerides and cholesterol levels showed "undulating" pattern corresponding with the patients' clinical conditions, with some tendency towards normalization of the data.

Taking into account the results of this Pilot Study, we can assume that continuous use of Samento over a period of time consistent with the life-span of several generations of various infected cells (8-12 months), would more likely result in gradual killing and eliminating of Borrelia and co-existing infectious pathogens, with subsequent reduction of infectious load in the body and restoration of the person's health.

## Samento Normalizes Blood Pressure

**Associate Professor Ludmila Ivanova, MD, Ph.D.  
Atanas Tzonkov, herbalist and healer**

Assoc. Prof. Ludmila Ivanova, M.D., Ph.D. is a nutritionist and dietitian, currently head of the Nutrition Laboratory at the National Center of Hygiene, Medical Ecology and Nutrition; consultant at the Lechitel Health Center, Sofia, Bulgaria.

SAMENTO is a natural herbal product with a proven versatile beneficial effect on health. Its action is above all immunomodulatory, antimutagenic, antibacterial, diuretic, antiviral, etc.

SAMENTO is a unique plant species, *Uncaria tomentosa*, not containing tetracyclic oxindole alkaloids (TOA) that inhibit the action of the biologically active pentacyclic oxindole alkaloids (POA). It is namely the POA that display a potent stimulating and modulating effect on the immune system and are probably implicated, along with the other active components of the herb, in the famous anticarcinogenic effect of SAMENTO. Although some *Uncaria* species (*Uncaria rhynchophylla*) show hypotensive action in animal tests, *Uncaria tomentosa*'s effect for normalizing human blood pressure is less studied.

The aim of our research was to analyze the results from the use of Samento 600 mg with or without Rooibos tea in hypertensive patients, based on data from readers' letters sent to Lechitel Weekly's editors' office between November 2002 and May 2003. The majority of these patients were treated according to schemes prescribed by us. After analyzing a significant number of letters sent by people with different diagnoses, a total of 25 patients were selected - 29 women and 16 men, aged between 46 and 82, who had been diagnosed with essential hypertension with values of 160-190 mm Hg / 90-100 mm Hg.

The schemes according to which SAMENTO was applied vary as follows: 20% of all patients have taken 1 capsule daily for more than 6 months, 60% - 2 capsules daily for more than 3

months, 15% - 3 capsules daily for 2 to 3 months, and 5% - 6 capsules daily for 1 to 2 months. 35% of the patients report having taken Samento together with Rooibos tea.

The hypotensive effect occurs after different periods of use of the product, most often after a 30-days application of two 600-mg capsules daily, in combination with Rooibos. The blood pressure reaches normal values: 120-130/70-80 mm Hg, after taking the product for 2 weeks. In some of the patients the normalization leads to discontinuing of the antihypertensive drug treatment. Several cases have been registered in which the blood pressure normalizes before the 10<sup>th</sup> day!

The data analysis shows that SAMENTO 600 mg demonstrates a clear hypotensive effect in patients with essential hypertension. The likely mechanism is the vasodilative and myocardial relaxant effect of the active substances - the pentacyclic oxindole alkaloids, as well as the diuretic effect exerted by the combination of the product with Rooibos tea. It is even likelier that this extremely important healing effect is due to the complex action, including anti-inflammatory, of SAMENTO, with the active participation of its glycosides, organic acids, polyphenols, flavonoids, etc.

These positive results from the application of SAMENTO 600 mg in patients with essential hypertension can be treated also as preliminary. The further extended and detailed examination of the hypotensive action of SAMENTO is not only indispensable but also extremely promising.

## **Perfect Action Of Samento In Patients With Neurovegetative Dystonia**

**By Dr. Lyubomir Kaitazky, M.D., neurologist at  
the Lechitel Health Center, Sofia, Bulgaria**

The remedy SAMENTO has an exceptionally broad spectrum of therapeutic effect in different types of internal, endocrine, dermatological, neurological, oncological, immunodeficiency and many other diseases.

A clinical study was carried out at the Lechitel Health Center on 24 patients diagnosed with "Dystonia neurovegetativa". All the patients had clinically expressed symptoms of anxiety, depression and somatic complaints. The group did not include patients with vegetodystonia or other similar diseases.

The goal of this study was to determine if SAMENTO positively effects functionally proven disorders of the central nervous systems, to what degree each disorder was influenced or affected, and finally – to establish the optimal dosage for such cases.

SAMENTO was prescribed in a dose of 2 to 4 capsules per 24 hour period, divided into 3 parts, taking into consideration the severity and individual characteristics of each case. The complete time of therapy was 60 days. The events and symptoms were determined by using 4-graded scales.

At the end of this study the following data was established: Overall, the therapeutic action of SAMENTO was significant. Approximately 70% of patients exhibited or experienced a "very strong effect"; 20% of patients experienced a "slight improvement"; and 10 % of patients showed "no effect". Significant effect or results were seen in patients with hyperhidrosis, tachycardia, collapses, sweating, dizziness and headaches. However, the best clinical effects or results were obtained in patients with chronic fatigue complaints, memory disturbances, sleep disorders, depression, sexual dysfunctions,



etc. Each of the 16 patients with the above described complaints experienced a complete elimination of symptoms and a 6-month maintenance therapy was appointed.

Finally, I have come to the following conclusions:

- SAMENTO has a very impressive clinical effect on patients with neuro – vegetodystonic symptoms or patients with “vegetoneurosis”;

- The best clinical results are seen in neuro – asthenic complaints, such as chronic fatigue, sleep disorders, memory problems, depression and sexual dysfunctions.

- In clinically mild or less severe cases, this remedy can be prescribed without a supporting psychopharmacological therapy.

- SAMENTO is a perfect alternative to psychopharmacology in such cases.

## Questions And Answers From The Press Conference

- **Could you please tell us what opportunities Samento offers for the treatment of such difficult-to-treat diseases like the phobias? I mean the different types of phobia – claustrophobia, aerophobia, etc.**

**Dr. Lyubomir Kaitazky:** In the study conducted at the Lechitel Health Center a part of the patients complained from phobia-related experiences and by the way the phobia syndrome or symptoms are among the typical leading elements in vegetodystonia. The bulk of these patients, around 60%, were positively influenced - especially, as it was emphasized, the claustrophobia, etc. These are conditions related to the so-called panic attacks or panic disorder: a sudden rise in blood pressure, fear-related experiences, etc. In about a month after the beginning of the treatment a great percentage of these patients showed a real improvement – and that provided that they took no other pharmaceuticals like benzodiazepines, antidepressants, etc. This comes to support what was said by the speakers before me.

- **Dr. Svetlana Ivanova explained in her report that the composition of Samento includes quinovic acid that is also contained in synthetic antibiotics. Does this mean that Samento can be an equivalent of these antibiotics?**

**Dr. Svetlana Ivanova:** Samento contains quinovic acid. In the basics of all quinolons, or synthetic antibiotics, is the content of quinovic acid. In the pyramid given by the FDA is presumed that these quinolons are the most powerful, most potent antibiotics.

**Dr. Luis Romero:** As pharmacologist, I can tell you this: first of all, there is no doubt that Samento is extremely active and effective. Secondly - Samento has zero side effects, in contrast to antibiotics.

## **Letters From Bulgaria (2001 - 2004)**

To all the people who have sent to the Lechitel editorial office the following letters from Bulgaria and other countries, we thank from all our hearts and sincerely wish them the most important thing in life – to be healthy!

The authors

## You Saved Me After 32 Years Of Terrible Pain

I've been searching for the right words for days to address my favorite newspaper Lechitel as a token of appreciation, but no matter what I write it will not be enough to express my gratitude to Mr. Tzonkov.

**I am now 50 years old. I was 18 when my headaches started.** A year later they became unbearable. I started going from doctor to doctor. I was prescribed the most potent of drugs – with no result. I went through all kind of tests and luckily everything showed there was nothing abnormal. Of course the good results made me happy but, on the other hand, the cause of the terrible headache was never found. And they started treating me with anything they thought would help me. As time went by the amount of analgesics kept growing. This led to **chronic insomnia** and **even stronger pain**. I was told that after getting old my headaches would stop. Frankly speaking, I just couldn't wait to get old, but the things grew even worse. I could no longer stand the pain. I plucked at my hair and felt as if my brain flew out of every single hair. I quit my job and spent more and more time in bed. Everything disturbed me, everyone annoyed me and I felt absolutely miserable.

**No sanatoria, no acupuncture, no herbs could help me. The pain was so awful it stifled my every desire to work, communicate and even live.** My youth went by in hospitals and sanatoria, I spent all the holidays lying in bed and looking for quiet. And I'm so fond of holidays... I enjoy them like a child but the pain did not allow me to feel the joy. Someone might tell, "What's all the fuss about, a head is nothing special, there's much worse than this". Yes, that's right, but I would prefer to suffer from any disease than live with this fierce pain.

And so one day I learned about the natural product **Samento** and, after reading more about it, I didn't hesitate because Lechitel had already earned my trust a long time ago.

I made an appointment with Mr. Tzonkov and waited eagerly for it to come. He arrived on the dot and we entered his study. The upholstered furniture, the thick carpets and the num-

ber of phones we're used to seeing in any doctor's or scientist's office were nowhere to be found.

The first thing that pleased me was the absence of a phone. That meant nobody was going to interrupt us as it usually happened during every medical examination.

The conversation started with my background – from my very birth until the present. Believe me, for an hour and a half, while the consultation lasted, the secretary didn't allow anyone to disturb Mr. Tzonkov, to enter the room and interrupt him. This was so surprising to me because for the first time in my life somebody listened to me so carefully and wrote everything down.

Certainly he was astonished that nobody had succeeded in relieving my pain when I told him what renowned hospitals I'd been to. In the end he stated his position, which was quite comprehensive, and prescribed Samento - 3 x 2 capsules daily with Rooibos tea. Before leaving I asked how much I owed him for the consultation. Can you imagine someone nowadays saying, "We don't take money here, we want to help you"? I can tell you I was sure such people no longer existed. But I had been wrong: there's only one such person and his name is Atanas Tzonkov.

And so **I started taking Samento along with Rooibos tea as I had been told. On the fourth morning I woke up and felt somehow that this was not my weak, exhausted body. My head felt light as a feather, my body full of energy – as if I had been born for the second time. The whole day was like a holiday to me. I wasn't walking but flying and smiled without a reason.** I hadn't listened to the music in dozens of years and now I played my favorite cassettes and the sound didn't bother me.

And in the evenings I started falling asleep at 10 pm precisely and didn't wake up until the morning. **Good God, I can't believe I'm healthy and sleep without sleeping-pills!** I feel alive; I have regained my strength and desire to work. And everybody noticed my good mood and felt happy for me – especially my kids who used to suffer so much beside me.

There's one more thing I'd like to share.

I used to suffer from hemorrhoids, which appeared when I gave birth. They were painless and I never found the time to seek treatment. Now I found out they have disappeared too. In the past year I've been having high blood pressure (200/100) and now it's back to normal: 130/90. I didn't know Samento was going to help me with my blood pressure too. And one last thing, although it's not that significant. **I had some rash above the navel but I hadn't consulted a doctor. I'd been having it for about 8 years but now it's gone. I noticed that the spots I'd got on my arms from the scores of medicines have nearly vanished too.**

I am very happy that I had the chance to meet someone like Mr. Tzonkov, who brought me back my health after 32 years spent with a terrible headache. It's so great to wake up and go to bed without pain, to be useful to others and feel a normal person again!

I was one of the thousands of patients you healed and I bow to you! Until the end of my life you'll remain the best person I know and if there is God, his name for me is Atanas Tzonkov.

Katya Karakasheva, Sofia

## Pharmacy Of The Future

I've been a subscriber to Lechitel Weekly almost from the very beginning. I've been with you all these years, following closely everything you publish. I welcome every new drugstore you open, although I'd rather call it Pharmacy of the Future. The drugs have almost disappeared from our family's medical cabinet, especially since we started taking Samento.

A lot has been written about this magical product of Nature. You called it "**the miracle of the 21<sup>st</sup> century**", and I would add that **Samento is opening a new page in the life of people on Earth. Our illnesses disappear**, even those we've grown used to. **The pain is gone**, regardless of its nature. The visits to the dentist and the family doctor have been reduced to a minimum. **The summer and autumn flues and**

**colds have become a thing of the past.** Just 60-100 mg of the miraculous "powder" - not even continuously but with long breaks - are enough to keep us healthy. The effect is so strong that even in the case of insect bites and by taking a larger dose (2 x 600 mg a day) people who are highly allergic can recover in just 24 hours – as it happened in my family last summer.

I can write so much more: **Samento strengthens teeth and gums, preventing caries; it acts as a potent antidepressant** and since **it gives energy** and one can move and act without getting tired, I personally use it **as a slimming aid.**

And speaking of hypertension tablets, joint pain lotions and pills, antibiotics, etc. that destroy the body, I wonder whether our doctors and pharmacists **from the National Health Insurance Fund are really healthy minded people.**

Architect Madlen Kachamakova, Sofia

## The Lifesaving Formula

**Samento + Rooibos: this is the formula of my physical and mental salvation.** There's nothing better for the one who suffers.

**Migraine, bulimia, insomnia, stress, despair, hypertension, etcetera, etcetera. They are all gone, evaporated.**

From the many publications in the most humane edition in our country – the Lechitel newspaper – people already know everything about Samento and Rooibos. That's why I'm not going to write about them, but about something else – to convince the ones who still hesitate and who should know that one must give everything to save one's health while it's still not late.

I live in an aged care facility and every month retired people come here with various ailments. That brought me to provide the facility with the collected publications from Lechitel Weekly concerning these two gifts of Nature: Samento and Rooibos. We read everything I have collected and discuss it.

I don't have to swear that thanks to them I'm **happy and restored**. Just try yourselves.

Lechitel taught me how to keep a healthy diet, how to combine the foods and exercise according to my age – hike in the mountains and collect herbs from spring till autumn. From all this I found my way to health.

There's one more thing I'd like to mention. Lechitel infuses us - the readers – with a lot of safety, self-confidence and respect.

I believe in you because you never fail us!

Unlike the others I'm not going to thank you, Mr. Tzonkov, but simply pray to the good providence for you.

Elena M. Markova,  
Banya village, Nova Zagora district,  
"St. Petka" Aged Care Facility

## Samento Cures Everything

I'm a regular reader of Lechitel and I'm very thankful for the varied and highly useful tips for the people's health. I appreciate your effort to supply the **unique Samento, Rooibos** and a lot of other products. I wish the editor and editorial staff, the consultants from the Lechitel drugstores and their families to be healthy and continue with their noble work of caring for the health of the Bulgarian people.

**How do I use the most valuable cure: Samento 600 mg?** In about 2 years my wife and I have finished a dozen bottles. I have been taking 2 capsules daily, at least one hour before meals, for 20 days; then making a break for 3 or 4 days, and then again taking Samento for another 20 days – intermittently until improvement. **My blood pressure stabilized at 120/70.** The action is further enhanced by combining it with Rooibos tea. It improves kidney and excretory function. When I wake up at night and cannot fall asleep because of stabbing pains in the chest, I take a capsule of Samento and in 10 to 15 minutes the pain goes away. **Samento is a universal cure and the National Health Insurance Fund should allocate**

**extra funds for it** so that the pensioners, the unemployed and children under 18 years of age could buy Samento at lower prices.

We always have to take care of our health and not only after we get ill because it may become too late – and our health is our greatest blessing.

Lalyu Mihov, Sofia

## My Grandson Recovered In 3 Days

Dear Mr. Tzonkov, through your newspaper I'd like to express my great appreciation for you and your editorial staff from Lechitel for your love and care for the health of all Bulgarian people. You carry out your mission with dignity, offering to us the marvelous gifts of Mother Nature, the gifts from the pharmacy of God! Your newspaper teaches us not only how to deal with medical conditions but - even more importantly – how to maintain that perfect health that Nature has given us.

A lot has been written about the miraculous action of **Samento, Rooibos** and **Honeybush tea**, but I'd like to share with the readers what happened to **my grandson. He's 3 years and 5 months old. He started coughing and had abundant secretions from the nose. Sometimes he choked from the sputa and secretions and vomited. He lost his energy, refused to eat** and consumed only fruit juices (from fresh oranges) and tea. He didn't want to play and preferred to stay in bed although he had no fever.

In the beginning we were giving our grandson 1 capsule daily of Samento 120 mg. After I spoke to you, you increased the dosage by a special scheme. He drank Rooibos tea in the morning and evening with a spoonful of honey (pine or bee).

I cannot describe our joy: **only 3 days later the kid got up from bed in a cheerful mood, had a good breakfast and from that morning on I never heard him cough again!** Energy returned to the child's body!

Thank you, Mr. Tzonkov!

Dear friends and readers, what I have shared with you in these few lines will convince you in the wonder-working action of the natural products offered by Lechitel.

Anna Simeonova, Sofia

### The Most Universal Cure

Dear Editors, I've been planning to write this letter long since to share the results I have achieved and ask you for help and advice.

Last October my husband had his stomach tested because of the constant acute pain he felt. The family doctor prescribed him medicines from which there was little effect. In November he drank 1 liter of Rooibos tea every day, and in December – 1 cup. The pain subsided and my husband thought he no longer needed the tea because he had been cured. But recently he started complaining again and I decided to send you his tests and seek advice from you. Probably more tests are needed, a special diet or some of your remedies. Thank you in advance; I know you don't overlook the people's sufferings.

I have written you before and I shall write you again. Thanks from all my heart for creating my favorite newspaper and tirelessly working for the sake of us, your readers and fans. May you always be there for us! It's great that you lowered the price of Samento and the other magnificent products. I hope more Bulgarians will be able to afford them. **I always hope to hear that the National Health Insurance Fund will include in its list our miracle Samento. God grant that this happens! This is the most wonderful product, the most universal cure – for anything from flu to cancer. It's simply beyond words.**

I had written you before (in the summer) that **Samento helped against my persistent migraine.** Today I write about it once again because I'm amazed by its qualities. I have achieved an unexpected result with this miracle of Nature. Last September I treated unsuccessfully my little daughter (1 year and 8 months old at the time) with an antibiotic. There was no

effect – it didn't stop her nose from running nor her cough. I decided to buy her Samento 120 mg. Since she couldn't take it with a glass of water on an empty stomach in the morning (she was spitting it and crying), I put it in her yoghurt that she eats every noon and evening. This way she took 20 capsules in 10 days (2 a day) and then 1 capsule daily for the next 10 days. **The result became visible almost at once, as early as the next day since she started taking it. The cough subsided and her nose stopped running.** I expected that and was very glad because there's nothing more important for a parent than his child's health. But how big my joy was when most unexpectedly I found out that we had achieved something more, 10 days after she finished the entire bottle of Samento.

When she was born, my daughter had **a ball the size of a hazelnut on her head.** Our family doctor "reassured" us that this was merely a cosmetic defect that would be removed later on through a light surgery. But at the time I was very scared and worried. As time went by I got used to it and thought we would remove it surgically once the child grew up. But now that's no longer necessary and I just can't describe you my joy. **The ball has vanished thanks to the great Samento – 10 days after she finished a bottle of 120mg capsules. A real miracle! Thank God for creating it and thank you for making it available on the Bulgarian market. Thank you! For me this is the most potent natural product and in case of need I'll always count on it.** For the young and old, the sick and healthy, for treatment and prevention!

Thank you!

Kalya Taneva, Bourgas

### The Pain Disappeared As If By A Magic Wand

Mr. Tzonkov,

I admire your attitude to people's afflictions and your great humaneness in spite of the enormous workload. I've been a subscriber since 1993 and I keep all numbers of Lechitel

Weekly. When I've got some health problem, I always find something written in your newspaper.

This year I used Samento 600 mg for **my mother who is 91 years old**. She was complaining of a violent pain in her right knee. After using the product she's feeling fine, **the pain disappeared as if by a magic wand**. I myself had **nodes the size of a hazelnut on my abdomen and limbs and after finishing a bottle of Samento they have vanished too, and so has the pain in the knees I used to suffer from**.

May you always be so dedicated and God protect you!

Tzvetana N. Gueorguieva,  
Malinovo village, Lovech district

## Life Without Flu And Pneumonias

Dear Mr. Tzonkov,

With this letter I'm sending you feedback with gratitude regarding the results from the implementation of the protocol prescribed by you.

In accordance with it I took 3 x 1 capsules of Samento 600 mg and 2 cups of Rooibos tea daily for 2 months. I strictly observed the recommended diet. When I first read the protocol, I thought it would be impossible to comply with the condition not to drink any coffee for 2 months. I was afraid I wouldn't be active enough but, on the contrary, here are the results:

**1. I maintain a lively and optimistic mood**, with an influx of strength and energy. I have an improved working ability and cope with my tasks without drinking coffee.

**2. I managed to break the vicious circle of drinking coffee during the day and sleeping pills at night. With Samento and Rooibos I found out what sound and peaceful sleep is once again.**

**3. I avoided the spring fatigue (unlike other years).**

**4. I spent the spring without flu and pneumonias while everyone around me was ill and coughed.**

**5. I got my cholesterol under control.**

First of all I'd like to thank you for motivating me to make blood tests and so I found out my cholesterol was high. I didn't have a clue. I consulted an endocrinologist for my thyroid gland. The echogram showed that the cyst was the same size as 2 years ago and the hormone levels were normal, meaning that the gland functioned well. The doctor took the prescription book and said she had to prescribe me a medicine for controlling the high cholesterol. I asked her to give me a referral for having my cholesterol tested instead and then, if the high values were confirmed, write me a prescription. In 1 week a made the test and the doctor was surprised to find out there was no need for her prescription.

**6. My gastroduodenitis subsided.** In the beginning I was getting weak "signals" from my stomach, for instance after eating green salad in early spring, but I didn't exclude it from my diet. Now my stomach is calm and I don't follow any food restrictions anymore.

**7. In gonarthrosis the effect can be defined as retentive. Externally I don't have any changes in the knees. I don't feel any pain at rest and I'm able to walk briskly 4 to 5 km on flat terrain without a rest, easily keeping up with my two friends who are 15 years younger than me.**

Totka Ivanova, Stara Zagora

**Editor's Note: Excluding the flu and common colds (we have written repeatedly how to prevent and treat them), in case of more complicated and serious cases as the above described we don't recommend any kind of self-treatment because it's not in your interest. Write us and you'll receive a relevant consultation. And if you follow the protocol prescribed by us (tests, herbs, diet, etc.) as did Mrs. Ivanova from Stara Zagora, you will be able to enjoy better health yourselves!**

## Samento Rid Me Of The Psoriasis

Dear Mr. Tzonkov, I deeply appreciate and respect you

as a person but with your publication for the uninterested physicians you definitely won my support.

Four years ago I wrote to Lechitel about how I cured myself from psoriasis (No 46, 1998). I had to go to a regular check-up in Plovdiv and everybody was astounded – I was the heaviest case of psoriasis in town, without a clear patch as small as a dime on my skin. I told the story of how I had cured myself, I showed the newspaper – and all I met was skeptical looks and pursing lips. Not one doctor showed the slightest interest in what I had taken and done. Why bother walking along thorny, unfamiliar roads when there are well trodden paths?! I was shocked, disillusioned, disgusted – what else could I say?! I'm speechless! As long as there are most expensive corticosteroids (not harmless though!), why not think of a marigold ointment made from a simple flower?! What a pity for us – and for the doctors!

We have a popular saying: "Don't boast or the devil will hear you!" That's what happened to me. For about a year after you wrote about my case, there were people coming to my place from all over the country to hear details about the herbal ointment. I was laid off from work and I had problems – I got rashes again. I tried the same remedy but it didn't work this time.

Then an acquaintance of mine offered me a bottle of **Samento**. **Can you imagine my surprise when as soon as I took the third capsule I felt an obvious improvement (I had been taking 1 capsule every evening)? I had caught a nasty cold but my fever subsided. I suffer from thyrotoxicosis, shortness of breath, tension in the throat – all that was relieved and in a week I was astonished to see a change in my psoriatic rash as well. Before I finished the bottle it cleared out and a lot of my pains died away.** Now I'm eagerly saving money and intend to take at least two more bottles.

I'd like to offer my greatest thanks to the editor and all the staff for the so good and useful newspaper and wish everyone a lot of health because it brings us joy and happiness but is never enough, and a lot of luck – because we can't live without it!

Yordanka Todorova, Plovdiv

## The Discovery Of The 21<sup>st</sup> Century

I'm a subscriber to the beautiful and magical Lechitel Weekly. I always look forward to it and read it with attention. I rejoice at the good results accomplished by hopelessly suffering people; and enjoy all the information, recipes and guidelines in the newspaper.

I'm greatly impressed by the miraculous action of **Samento and Rooibos**. I consider them the discovery of the 21<sup>st</sup> century. Your practical achievements in the treatment of more than 100 diseases prove that Samento is the plant that gives life to people. Its power and healing properties described in the newspaper show it's really magical.

I believed in every word you wrote and decided to take advantage of Samento and Rooibos. I have taken 3 or 4 bottles of Samento so far without a break and I continue drinking Rooibos tea even now. **Samento and Rooibos worked miracles with my health.** I'm a real model to follow. The results are apparent:

**1. High blood pressure:** used to be 220/120, now it's down to 150/80. I don't take any medicines.

**2. Chronic bronchitis: it faded away. My chest was congested, now everything is back to normal.**

**3. Ulcer: it calmed down. I eat everything.**

**4. Blood vessels obstruction: improved. The leg edema vanished and so did the muscle pain. I only feel a slight tingle under the toes. I've been using Gingkomax as well. I took the first 4 bottles 2 x 1 daily and then 1 capsule daily without interruption.**

**5. Prostate adenoma: improvement. I've used 2 bottles of Prostamax.**

**6. Palpitation, fatigue: everything normalized.**

**7. Internal cataract of the right eye, eye allergy and redness: I've got an improvement. I read and write without glasses.**

**8. Pain in the shoulders and back: it died away.**

I feel fresh, strong and full of energy.



I rely on you, Mr. Tzonkov, and on all the staff, that you'll do your best to help me enjoy good health and old age.

Pavel Ivanov, Chomakovtsi village, Pleven district

## The Gods Of Olympus Have Entered My Home!

Hello, Lechitel!

May I call you MY LECHITEL because from now on I entrust you with my health? I'm 63 and I've been suffering from **tachycardia since 1985**. After the first attacks I was treated with obsidan and then propranolol and verapamil. The attacks increased with age. Now I'm on Cordarone, atenolol and Dehydratin Neo. Along with the tachycardia other complaints appeared: **tinnitus (ringing in the ears); insomnia; vision loss; chronic pain behind the breastbone, between the rib and shoulder, and throughout the legs. I got out of breath after walking 100 m and spent a lot of time in bed.**

I'm a subscriber to Lechitel. I had been reading about the healing products but how could I buy them with my meager pension? I started putting aside lev by lev and I bought **Samento 600 mg and Rooibos tea**. I began to take 1 capsule in the morning with a cup of tea, half an hour before breakfast.

Oh, my Lechitel, as if the Gods of Olympus had entered my home with the miraculous Samento and Rooibos! All complaints disappeared; **blood pressure, heart rate – everything returned to normal**. To my doctor's comment, "You're very well", I replied, "Thanks to the products from Lechitel". He gave me a surprised look and said: "If you've got money to spare, buy advertisements!" But what I bought was health!

I wish Samento could enter the home of anyone who's ailing!

God bless you, Mr. Tzonkov!

Vitka Petrova, Montana

## Wonderful Products!

Thank God we have you! I've been following Lechitel for years. I'm a disabled person with an endoprosthesis. The implantation was successful but it's still a foreign body. And besides all I went through had an ill effect on me – resulting in **latent diabetes, hypertension, nervousness, depressions**.

I read about Samento and I bought from the 600mg capsules. I took it for 3 months. I felt good – **my blood pressure and my nerves were normalized**. My leg strengthened, for I have **severe osteoporosis** – 88 per cent loss of calcium.

I purchased Osteomax and Rooibos as well.

Thank you very much for the wonderful products!

Virginia Dincheva, Sofia

## Brings Back Health To Thousands Of People

I wouldn't even want to think about ranking Lechitel's products because they are all marvelous and it's hard to choose just 11. But I hope you'll agree with me the most wonderful and wonder-working is **the number one herbal product or the herb of the 21<sup>st</sup> century, Samento**. Because Samento lends a helping hand to all of us in difficult moments; it is loved by both children and grown-ups; it brings back health to thousands of people.

**The longtime chronic fatigue and a lot of other complaints that had been troubling me disappeared mostly thanks to Samento, Rooibos and Honeybush tea.**

Samento 600 mg brought back my aunt to life. She was in helpless condition and had been discharged from hospital beyond any hope. She's got just one kidney left but since she started taking Samento her condition improved and now she's feeling better.

Violeta Vulkova, Zlatitza

## Lively Again ✓ In Spite Of Cancer!

A cure for every pain – that's what Lechitel Weekly is for me. I underwent surgery in 1988 after being diagnosed with malignant **breast cancer**. Now I'm retired. Since I started taking **Samento** with **Rooibos** or **Honeybush** tea, I feel **very lively**. I use other products too for different health complaints – once again from the Lechitel drugstores.

Bistra Sarieva, Dolno Lukovo village,  
Ivaylovgrad district

## Without Samento I Wouldn't Endure Chemotherapy

I have been diagnosed with invasive lobular cancer in April. On April 19<sup>th</sup> I started taking SAMENTO 600 mg twice a day. I've taken it for 3 months with ROOIBOS tea.

In the meantime I was taking chemotherapy courses every 21 days. Such a heavy period of treatment! I definitely think that **without Samento and Rooibos I couldn't have endured the chemotherapy procedures. Without any doubt!**

After 3 months of treatment, on your recommendation, I included also **Biomare Immuno**, another superb product.

Regarding my condition I could say the following:

1. I maintain a good blood count.
2. In June the value of the BR tumor marker was 132 U/ml and in September it's already 72.06 U/ml, with the norm being 38.80 U/ml.

3. The echogram I have included herewith shows good results as well.

Considering the gravity of my condition I couldn't expect sensational results in such a short time. I'm glad that through the products of Lechitel I manage to maintain **a good vital tone**.

I don't intend to stop taking Samento, Rooibos and Biomare Immuno because they are my life and give me hope for

the future!

Svetla Pesheva, Haskovo

## I Achieved For One Year What Official Medicine Couldn't Do For 20!

I'd like to tell you about my experience in the treatment with Samento. My case is slightly different from all I've read about on the pages of Lechitel.

30 years ago I developed **serious vision problems**. I was diagnosed with astigmatism and prescribed glasses, which I wore for 5 years. But it turned out the disease was aggravating, the glasses were unable to correct it and the actual diagnosis was **keratoconus** (conical cornea).

I had no choice but to wear rigid lenses and with that my difficulties started. I had neither connections nor money to go abroad and what was offered in Bulgaria 20 years ago was real medieval inquisition. 10 years later we already had high-quality, gas permeable lenses in our country too. But unfortunately my disease progressed and I reached 8 diopters of the lenses. Without them I could only read at a distance of 2 cm from the eyes.

One year ago I decided to try with **Samento**. The first month I took 1 capsule daily, and the second – 2 x 1 capsules. I made a break (because my pension is equal to about EUR 45) and then I continued with 2 x 1 capsules daily the first month, 1 capsule daily the second month and after that 1 capsule every other day until last month. In the end I accomplished the following result: **I was able to read without the lenses at a 12 cm distance from the eyes. What official medicine couldn't do for 20 years, I achieved in 12 months with Samento**. Now I'm sure that after I continue the use of Samento the positive results will grow. I have tried the power of your healing products and I believe in their effectiveness.

God bless you! May you continue helping the people who need you!

Ivanichka Krusteva, Bosilkovtsi village, Rouse district

## No Need For Flu Shots

I join your numerous readers who are thankful for the wonderful newspaper and your efforts to be useful to all of us.

I've been reading Lechitel since the very beginning and using for years the products you've been giving detailed information about. My son and I have no need for flu shots. During the entire autumn and winter season we take **Selesan, Biomare Immuno, Spirulina, Echinamax** together with **Rooibos** or **Honeybush tea**, and **in case of viral infections – Samento 600 mg**.

Emilia Popova, Plovdiv

## Samento Saved Me The Operation

Last year with 4 bottles of Samento 600 mg I managed to cure myself from **cervical polyps** that the doctors were advising me to operate. You can imagine how much pain and stress I've saved myself. And it is widely known that every surgery has adverse consequences for one's health. I'm deeply grateful to you for Samento!!!

Anna Krumova, Rousse

## You're Helping People In The Best Way

Hello you helpful, serious and health-giving friends from Lechitel,

In a time like the present, when one feels lonely and with just a limited circle of friends, I've got no words warm enough to express my friendly feelings to you, Lechitel!

I spent my entire 35-year working life in the Varna Regional Hospital, most particularly in the Sterile Supplies Department. Now I'm 76. Time and work have left their imprint on my body and spirit. Unfortunately **2 years ago I got bedridden with terrible pain in the muscles and joints**. My buttocks ached and so did my legs (which I couldn't even touch). I could neither sit nor stand. **The diagnosis: rheumatoid arthritis**.

Along with these sufferings appeared **eye, ear and nose problems**. I developed a lower eyelid inflammation with a sensation of grit and constant stinging, as well as purulent discharge. I've been suffering for years from **ringing in the ears, accompanied by itching and pain; and a longtime rhinitis uninfluenced by anything**. I underwent a 2-year futile treatment with spirit, ointments, drops and drugs. It proved absolutely fruitless. And in this tunnel of pain and suffering SAMENTO came as a beam of light. My treatment with SAMENTO started in the early spring of 2002. I took 1 capsule daily with the magical elixir ROOIBOS, which is an everyday beverage for me and my 86-year-old husband.

I write this letter in order to support from all my heart Lechitel's fundamental idea, which - the way I see it - is to help people in the best way. That is why I'd like to share with you what the results from the use of Samento and Rooibos were.

The pain in my legs started to calm down and now I go out on a daily walk with my husband. **Now I have no pain at all. I feel like I'd been reborn. I have no rhinitis either** - well, I could sneeze a couple of times, but that's for the whole month.

**My eyes feel well, without any problems. My headache disappeared and so did the ringing and itching in the ears!** If I should express in a single sentence the positive result from the use of these extraordinary products - **Samento and Rooibos** - then I would say the following: **they lengthen life without pain and suffering**. This is the joy to wake up and feel happy about it. To wake up, of course, after a sound night's sleep, as I already do.

Lately I've stopped going to my family doctor because, when she hears that a patient uses natural products, she pays him little attention and in most cases sends him off to self-treat himself. But for the time when she (the family doctor) had been determining my treatment, I made no progress and that's why I chose the path to your wonderful products. With them one feels the joy of life without pain and suffering.

May you be alive and healthy!

Kita Dimitrova, Varna

## Even Doctors Ask About Samento

I learned from friends about the exceptional efficacy of the natural product **Samento** offered by you. At the first moment I decided this was just the next "painkiller" but I bought Lechitel Weekly and found detailed information. I purchased one bottle and I'd like to share my results with you.

I suffer from **recurrent hypertension** and in spite of the long-lasting treatment my blood pressure has rarely reached the "normal" 150/90. I also have intermittent **gastritis** and permanent **colitis** but I've never treated them consistently. Another serious problem is the **pain in the back** due to **exostoses, plexitis and radiculitis**, as well as the **coxarthrosis**. I don't know which one of these was the cause, but I was very exhausted and felt as if my blood was filled with lead or gravity had suddenly increased.

That's exactly where I felt the most pronounced improvement **after taking the first dose of Samento – dramatically increased vitality**. I'm very energetic; movement and physical activity give me pleasure because they're not a burden anymore. **My stomach problems are gone**, and the bone pain appears only briefly in case of sudden weather changes. In the month I took Samento (1 capsule daily) even my doctor noticed I had **normal blood pressure – 130/80**, and it showed during several consecutive check-ups. I shared with him and the physician from the neighboring town of Vidin that I had been taking Samento and they both decided that I should continue its use under their supervision. They were also inclined to offer it to other patients.

I thank you sincerely for everything you do for us!

Zlatka Velikova, Bregovo

## The Secret Of Recovery And Rejuvenation

I'm writing this letter to express my enormous gratitude that thanks to you we have discovered the secret of priceless health.

Thanks to your unique herbal product **SAMENTO** and the **ROOIBOS** tea my mother once again is what she used to be – healthy, lively and full of energy!

Her tough profession, the extremely harmful working environment and her advancing age exerted their influence on my mother's health. All her ostensibly petty health complaints intensified. The **chronic colitis** she had suffered from for years got accentuated and led to unpleasant heaviness and intense pain in the abdominal area. The bowel movement became irregular and difficult; the stomach was hard and heavily bloated. The pain in the limbs because of the **arthritis** and **rheumatism** intensified as well and at times became unbearable. Her legs swelled and stiffened. She couldn't stand on her feet for long and every morning met the dawn even more exhausted by the violent pain and **insomnia**. In the morning my mother could only use her right hand after at least half an hour's massage and exercise, but still it remained unstable and she couldn't even lift a glass of water with it! The **enlarged thyroid gland** (the so-called goiter), on which **2 cold nodules** had been found, also increased its negative effect on her whole body and most of all her nervous system. Other problems appeared, among which **palpitation and stabbing pains, shortness of breath, frequent nauseating, nervous breakdowns**. The **hearing and vision loss** seemed to be the least of all problems.

Alarmed by all this, we set about helping with whatever we could. It turned out however that she had done the best to help herself – by reading your newspaper during all that time and learning about **Rooibos** tea and the **miraculous Samento**. At first she started with the tea. My sister, who is a doctor by profession and knows better than anyone what a "difficult patient" our mother is, was skeptical at first; and none of us had ever suspected, for that matter, that for half a year she would conscientiously and regularly drink from the medicinal tea. And your newspaper would become her "reference book" and adviser with respect to all her health problems.

My sister and I, as all young people, are bit of "doubting Thomases" (as our mother calls us) but we could not deny

the fact that day after day she was changing before our eyes – and the tests and medical check-ups confirmed it. **In the last 2 months my mother has been taking Samento 600 mg together with the tea and she's feeling (and looking!) marvelously – she's not simply walking but nearly flying! The nasty pain and stiffness of the legs disappeared, and she spends the nights soundly asleep.** She can walk for hours and already uses fully both her hands.

Her **colitis problems vanished too** and the abdominal heaviness and pain are now only an unpleasant memory. Of course, she has to do without some heavier foods but the result is worth it!

Our astonishment grew even bigger after the last check-up of the **thyroid gland**, which showed that **one of the two cold nodules has completely disappeared!!!**

Now our mother keeps drinking Rooibos tea combined with Samento **and she's healthy and vigorous again - and looks even younger.** When asked what this incredible change is due to, she just says the magic words: "Rooibos and Samento", and then advises all her friends, "Buy Lechitel Weekly and you'll understand what it's all about!" After that she can tell about her troubles - and the way she had dealt with them - for hours.

When her birthday came close and we asked her what she needed, even before she answered I was sure what she would ask: "Give me Samento, this is all I need! This is the secret of my good health that I need so badly!"

Thank you from all my heart for making us believe in miracles! Thank you for showing my mother the most magnificent remedy! Thank you for bringing back her health and youth!

Ralitz Gateva-Vladova, Pleven

## A Wonderful Elixir With No Side Effects

I'm truly happy that we have you by our side. This is a wonderful newspaper - hardly anyone could challenge that. I'd like to express my enormous delight with the products **SAMEN-**

**TO and ROOIBOS. My daughter is 16 years old.** In the year 2000 she was diagnosed with **juvenile dermatomyositis.** This is an autoimmune disease with symptoms such as great weakness, difficulties with stair climbing, squatting, etc. The basic treatment is with **corticosteroids** but they have many side effects. In her case they led to intense hair loss and swelling of the face and stomach. In August 2001 she had to undergo surgery of the urethra because of granuloma. The postoperative treatment with **antibiotics resulted in a yeast infection** (Candida albicans) and bacteria in the urine (Pseudomonas). She developed a **sinus inflammation** that led to **bronchitis.**

Conventional medicine couldn't quite cope with all that - the SR (sedimentation rate), CPK (creatinine phosphokinase) and LDH (lactate dehydrogenase) had been increasing. I decided to seek an alternative for treatment – I realized that things were getting increasingly serious. Then I read about the **herb of the 21<sup>st</sup> century – Samento.** At first I hesitated, but one seizes every opportunity as a drowning man will clutch at a straw. And it didn't take long for the result to come. In 2 weeks my daughter started visibly improving. **When I saw the results from the follow-up tests she did a month later, I couldn't believe my eyes. All values were normal.** Then I believed in the magical power of Samento – a wonderful elixir with no side effects. **She's been taking Samento with Rooibos tea for 4 months now and has no complaints.**

**My husband** caught the **flu** this winter. Then I gave him 2 capsules of Samento with Rooibos tea. In just two days his persistent cough was gone and he was feeling better.

After so many pain and suffering I realized and became convinced that **Samento is my only hope for overcoming many health problems that conventional medicine is unable to cope with.**

Draga Ilieva, Veliko Turnovo

## This Herb Will Replace All Medicines!

Hello, dear editors of our family's favorite newspaper –

Lechitel.

First of all we'd like to express our warm and sincere gratitude, especially to Mr. Tzonkov, for all the information you provide on the pages of Lechitel regarding the treatment with natural products and most of all regarding this unique herb, **the miracle of the new century and probably the whole new millennium – SAMENTO**. Thanks to it my family and I are on the road to relieving ourselves from a number of diseases.

My sister and I are now university students, but 6 years ago I had fallen into the clutches of a very insidious disease – **anorexia**. It's hard for me to remember and talk about this period of my life. Perhaps that's why I had been planning to write you since the end of 2001 and didn't muster the courage until today. But I hope my letter will be read by other girls who suffer from this condition because Samento may prove to offer a cure for it too.

I don't know if it's worth taking up your time with the disease background. As a child I was quite plump and the constant jeers of my coevals as well as puberty had their say. After repeated and emaciating diets at the end of 1996 I had reached the critical 35 kg – for my height of 178 cm. The next few weeks I spent in bed on life support. Thanks to the enormous efforts of my parents and sister I was 50 kg at the end of 2000. But in spite of the considerable quantity of antidepressants that I was forced to take (anorexia was still not so well known in our country at the time and that, according to some, was the easiest way to treat it!) I couldn't say that I had bid farewell to the disease.

Last year I read about Samento in Lechitel Weekly. In spite of my parents' initially skeptical attitude (for all the drugs I had taken by then had had only transient effect) I had decided to try it. I had a little money saved; I cut off the discount coupon from the newspaper and so I started taking **Samento 600 mg – 1 capsule in the morning with a cup of the magical Rooibos tea. I had been drinking 3 to 4 cups of it daily. As early as the second week the results became apparent: normal feeding without getting sick or constantly keeping an eye on the scales. After just one bottle of**

**Samento 600 mg and one of Samento 120 mg my weight had already reached 61 kg** (11 kg in less than a year, compared to 15 kg in 4 years). But that's enough talking about me.

**My father** suffers from **diabetes** and **hypertension** that in the last few years had gotten seriously aggravated; and **my mother** had a **mild depression**. They explicitly refused to take Samento as they wanted to leave it to me. They only drank Rooibos. My sister and I began to dissolve 1 capsule of Samento in the tea. When they saw the enormous benefit from it, they started taking it themselves.

**With the help of Samento my sister studies easier and the pre-exam stress is gone.** It's not like the other drugs that only work while you take them or until a month later at the most. With just 2 bottles of 600 mg and 4 of 120 mg for my whole family now, after nearly 7 months, we still feel the benefit from Samento.

Once again I'd like to say a simple and short but sincere and open-hearted THANK YOU!

May all of you from Lechitel be alive and well!

We too are joining in the call for including Samento in the list of the Health Insurance Fund. **This herb will successfully replace and even make redundant all the other medicines!**

Stanimira Petrova, Bourgas

## Samento Is My Salvation

I'm a regular reader of Lechitel. I've been cutting off useful recipes for health from almost every issue, which are then used by my whole family.

I have **nodules** on my **thyroid gland, some of them cystic**. I've got a rapid heartbeat and especially at night I had been suffering from **strong headache** and **intense sweating**. I had been taking drugs all the time (iodine thyroxine and propranolol) but they didn't help me. Then I decided to try with **Samento and Rooibos**. I took 3 bottles from 600 mg – the first

one at a dosage of 2 capsules daily and the next two at 1 capsule daily.

**Now I'm feeling good, my headache is gone, the sweating is reduced significantly. I don't get tired and I'm very relaxed.** And all this is due to Samento.

I'd like to express my acknowledgement to Lechitel's editor Mr. Tzonkov and to all the staff. I wish you health and even bigger success in the job of helping people. A great THANKS!

Sofka Russanova, Pordim

### **I Forgot What Hay Fever, Allergy, Bronchitis Is!**

I'd like to thank you for discovering **Samento** for all Bulgarian people and me.

I've been suffering since childhood – **for almost 40 years now, from hay fever and allergy to multiple chemicals and foods.** In the last ten years that allergy has turned **from hay fever to spastic bronchitis.** I had been taking drugs all spring.

I read on the pages of Lechitel about how an old lady had been healed from asthma. I tried the same thing too without a doctor's prescription, following the scheme described in the article: 3 x 1 capsules of Samento for 70 days, starting from the beginning of February 2001. For the first time in so many years **there was no trace left of hay fever and bronchitis!** And something else - since I entered a "transitional age" approaching 50, my monthly period had stopped for the last 9 months. **3 months since I started taking Samento my period reappeared regularly for another 4 months.**

I felt it was high time to share my observations so that other people suffering from similar diseases could take advantage too of the magical action of Samento.

Tatyana Galabova, Sofia

### **My Blood Sugar Levels Were Permanently Normalized**

I've been suffering for 30 years now from diabetes (type II, insulin-dependent) but the damages became apparent only in the last 3 to 4 years. I've got **chronic bronchitis** and **hypertension** (sometimes reaching the level of 200/110), not to mention eye disturbances and poor blood supply of the inferior limbs. I've been suffering for years from **chronic colitis** and **rheumatoid arthritis.** My fingers are crooked and swollen, and often very painful.

The medicines I've been taking for years are unable to improve considerably my condition.

In the beginning of January I bought one bottle of **Samento 600 mg.** I started taking 2 x 1 capsules daily. I bought Rooibos tea as well and drank a couple of cups every day. In about a fortnight while I took Samento and Rooibos, **my blood sugar levels were permanently normalized and so was my blood pressure.**

Svetla Tzvyatkova, Lovech

### **This Miracle Of Nature Is The Best Gift For Patients With Incurable Conditions**

There's no other newspaper with so many virtues as Lechitel. After reading every issue I find special pleasure in informing my family and friends of the novelties, in seeking advice from the newspaper's doctors, and in listening closely to the cordial words of the readers. I've learned quite a lot about Samento and I've consulted the editor Mr. Tzonkov. I believed in you and the miracle happened! And the old complaints were not a few...

**With 2 bottles of Samento 600 mg and some Rooibos tea I spent the winter without any problems. The ringing in my ear disappeared, there's no trace left of the arthritis in my hands, and the gallbladder pains subsided.** There's "no ground" for flatulence, I got rid of the

**cardiac neurosis and my sleep is now calm and sound. The compresses with Rooibos have improved my eyesight.** Such results cannot be kept in secret, especially when they're health related. That's why the number of my fellow-townspeople who have believed in you – the miracle-makers (editors and all people working for the newspaper) – has been growing.

We reached for Samento and this miracle of Nature rewarded us with health!

**The best gift for the patients with incurable conditions would be the free Samento if the National Health Insurance Fund shows understanding and has the financial means to provide for it.** I can assure you the number of doctors working in harmony with you is also growing.

Kunka Vassileva, Kubrat

### **Samento Against Skin Tumor**

My mother is 86 and she was having a pimple on the right side of her forehead for a year. It wasn't healing (remained open) and was very painful. The doctors said it was a **tumor**. They had it burnt and smeared with all kind of stuff, but nothing helped. I was praying for God's help all the time. And at one time he revealed to me Samento! We cured my mother with it – the wound healed up and the pains are now a thing of the past.

We all take Samento and Rooibos at home. **We're no longer ailing and we're not afraid of flu, colds, rhinitis... My headache vanished too.** We're all feeling better. We use other products from the drugstores of Lechitel for our different health complaints as well.

Elena Naumova, Sofia

### **Nature's Phenomena**

Samento and Rooibos caused a furor in the scientific circles and amidst the common people.

I, as a person who has tried them, wrote about their indisputable virtues. I received letters from neighboring and distant villages and towns; and families were coming in person to ask me, "is it true what's being said about these products - or is it an overstatement?"

And how they should take Samento – how many capsules daily, before or after meals? How much Rooibos they should drink?

Dear people, I'd like to answer your questions through the pages of the newspaper.

In every number of Lechitel is explained, if you carefully read the letters of acknowledgement, the way these herbs are taken. They are food supplements and they have done harm to nobody. And the benefits from them are enormous.

**Samento improves sleep, removes pain, reduces inflammation, normalizes blood pressure, lowers blood sugar, slows down and stops the advance of malignant diseases, enhances the immune defense.**

Rooibos is the tea for young and old. This gift of Nature restores strength and energy, improves mood... It is grown and selected with a lot of love in order to preserve in it that power of Mother Nature that we all need.

How much we have missed out from life before the magical products of Lechitel appeared!

I thank Lechitel Weekly and all the staff for responding to people's pain and suffering with such love and concern!

May God grant you only health and happiness!

Petra Nikolova, Batultsi village, Lovech district

### **The Government Should Cover The Cost Of Samento For The Seriously Sick**

Thank God and the people who work hard to make a cure for the terminally ill - like me - and all the others.

I discovered Samento and Rooibos tea in Lechitel



Weekly. Since then I've been eagerly buying the paper every Thursday and reading it with interest. I turned for advice with regard to my disease to the Lechitel drugstore consultants at the Central Hali mall and they told me to take 2 capsules daily. I have undergone surgery 11 times and I've got a lot of complaints: **discopathy, lung infarct, diabetes, two ischemic strokes...** I'm heavily disabled, without companion. And **I was taking no less than 21 different tablets every day.**

Since I began to take SAMENTO and ROOIBOS **I felt better, recovered my strength and started climbing the stairs to the third floor without even stopping for breath. I discontinued the medicines one by one** and now I'm only taking Isodenit and Diltiazem for the heart.

I express my deepest gratitude to the editor Atanas Tzonkov for this wonderful newspaper, which helps the sick and thus takes care of them. **I address the government – to cover the cost of this magic called Samento for the seriously ill.**

Katya Gueorguieva, Sofia

## Boom In Medicine

I met a friend with whom we frequently share our health problems and he asked me, "Uncle Slav, have you heard of the latest natural remedy Samento?" "What's this Sacramento", I asked, "this is the first time I hear it". He answered, "Don't make fun of it, but remember it. It's called **SAMENTO**. Take Lechitel Weekly and read. **This discovery shall trigger a boom in medicine;** read and see what miracles it's making".

I found the paper at once and read the article "**The Healing Range of Samento**", written by the editor Atanas Tzonkov.

He speaks about incredible things: Samento is the latest discovery of alternative medicine; it treats more than 101 diseases. Nonsense, that's probably some new quackery for selling the newspaper. People would make up anything.

Why, my diseases are not less. Well, I decided I would

try it myself. And then, depending on the result, I would either give credit to Mr. Tzonkov or tell him off so that it would leave him a bitter taste.

But first let me tell you briefly about my health condition.

**I'm 88 years old.** In 1976 I underwent **an operation at the National Cancer Center in Sofia.**

Because of some **small tumor on my left lung** the whole lobe was removed. The surgery proved successful, with no need for chemotherapy and so forth. I don't have any problems with my right lung so far. But I experience difficulties; **I get tired quickly and suffer from shortness of breath. My heart weakened and I often get arrhythmia. I've got kidney problems** – the left one doesn't function and the size of the right one is reduced. **I suffer from hypertension** too.

The age has its say as well. **I grow faint, barely move and have no appetite. I'm tired of life** – I get ready to appear in front of St. Peter.

That's why I decided in the end to try this Samento as well. I sent the discount coupon from Lechitel and got it in 10 days. **I took one 600mg capsule every morning. My good mood came back, my appetite improved, I recovered part of my youth and I wish to live more.**

I want to tell the older people: don't be in a hurry, don't lose hope, try Samento – it will bring you back the joy!

I'm now taking the second bottle along with Rooibos tea.

And to you, Mr. Tzonkov, a thousand thanks for your work and for this miracle Samento!

Slav Marinov, Kazanluk

## I Already Know The Cure For Every Pain

Hello, my saviors and friends from Lechitel! Last year in February my mother had bought a number of the newspaper and read about Samento and Rooibos. She showed it to me and

I read it a number of times but didn't quite believe what was written. We started regularly buying the paper and following everything about this one of a kind natural product and the tea. With every passing week my interest was growing.

I became a regular "customer" of the newspaper and up to now every Thursday I've been eagerly waiting for the new issue to appear - and I don't put it down until I've read it from cover to cover. And since I had quite a lot of health problems, I decided to consult you on the phone. You treated me very properly and patiently explained that I should describe my complaints in a letter. And so I did. I wrote and sent the letter in May. In about 2 weeks I received the eagerly awaited answer, which contained detailed guidelines on how to take **Samento 600 mg** and **Rooibos tea**, as well as other food supplements.

I took the first bottle of **Samento** at a dosage of 1 capsule in the morning and evening, half an hour before meals; and the second bottle - 1 capsule in the morning on an empty stomach.

And a miracle happened! A miracle of miracles! You cannot imagine how I feel now! In the morning, when waking up, I used to experience palpitation, felt weak and couldn't get up from bed (as if something was pushing me down); I had a strong headache, couldn't sleep calmly, my limbs were swelling and my blood pressure rising. I had colitis - my stomach was bloating (I was afraid to eat); I was getting ill very often in winter, etc.

And now there's the miracle of the miraculous Samento and Rooibos! I just can't believe that's me. **I sleep calmly and wake up fresh in the morning; the palpitation and the headache are gone; I don't get dizzy; my blood pressure is normal; I don't have colitis anymore and even if I catch a cold I take 1 or 2 capsules of Samento with Rooibos for a couple of days and everything subsides as though it has never appeared.**

A month ago **my husband had caught a cold**. His right side got so stiff that he couldn't even take a breath. I gave him Samento with tea. In the first couple of days he was taking 2 capsules daily - one in the morning and evening with Rooibos,

and then 1 capsule daily for another 2 days. **The pain subsided in just 4 days.**

**My son (30 years old) had also caught a cold. He recovered in only 4 days taking 1 capsule daily.**

I simply lack the words to express my admiration and appreciation for all the staff of Lechitel! Thanks to you I now feel a new person! I never remain without my saviors Samento and Rooibos.

It's time that all the doctors believe in the healing properties of these products and that the Health Insurance Fund covers its cost for the people who need it.

I already know: if there is pain, there is also a cure! This cure is Samento and the Rooibos tea. I no longer doubt it!

Emka Nikolova, Belene

## I Feel A Normal Person For The First Time

Dear Editors,

When I'm reading the reports about Samento a fear arises in me lest some people might obsequiously twist the truth. The same thing happens with every new idea - people rush to praise it. But the truth is verified in practice.

I once spent time in prison (I'm an anti-fascist - there are such people too among the readers of Lechitel) and was forced to sleep on the cement floor for months. I barely escaped death. And not only owing to the fascists but also to my comrades-in-arms who watched my drama with indifference. I coughed violently every night until 3 o'clock. I had **severe bronchitis** and **adenopathy**. They didn't show the mercy to move me to the plank-beds. It wasn't necessary that somebody else should die because of me - they simply had to take turns sleeping on the floor. And later three people from my prison cell became members of the supreme Central Committee of the Bulgarian Communist Party! I saved myself by feigning insanity in front of the court.

And since those times I've been a half-person. **The**

**mildest cold resulted in infection** that in many of the cases persisted up to a year and a half. I suffered from chills, shivering and intermittent fever. I've got more than 30 years of "experience" with that kind of things.

**I took one bottle of Samento 600 mg.** And I'll use the word **miracle** that I had been perceiving with suspicion in the letters of many of your readers. I previously used to catch a cold after every bath and when sleeping with an open window, not to mention standing in the draught or sweating. I was recently forced to stay in the draught for as long as an hour. And to my great surprise I had no problems at all. I intend to take one or two more bottles of Samento for bigger certainty.

Now I no longer worry that the claims about Samento's healing properties might be exaggerated. **I feel a normal person for the first time.** And my gratitude is infinite.

Stefan Dulov, Plovdiv

### **Only Lechitel, Madam!**

I got to know Lechitel by complete accident. I had heard about it but in the village where I live they don't sell newspapers and I had never come across it.

I underwent a **major gynecological operation.** When I was released from the hospital in December 2001, I caught a cold on my way to the village. The temperature outside was 10°C below zero. I caught a fever. I recovered with antibiotics but my immune system grew so weak that I couldn't leave the house. Even the gentlest wind could make me shiver.

I underwent two chemotherapy courses. During my stay at the hospital I had been buying the "Trud" daily newspaper. But one day I had just 50 cents left. I asked the newsagent what could I buy with 50 cents and he told me, "Only Lechitel, Madam! It's Thursday".

I read the newspaper at one breath. That's when I learned about Samento and Rooibos.

When I came back home from the hospital, I bought these products at once. I started with 2 capsules of Samento

combined with Rooibos tea and kept to this dosage for 2 months. Now I take 1 capsule daily. Since April up to now I haven't parted with them. **I feel great.** I overcame the fear of the cold and wind. My test results are perfect. My doctor even said **I have an athlete's hemoglobin. And all this thanks to the magical products Samento and Rooibos.**

I subscribed to Lechitel and now we don't skip anything from it with my husband. I attracted my children and friends to it too.

Thank you from all my heart. It's wonderful we have you. I don't know what we would do without you.

Mitanka Dimitrova, Kulina Voda village

### **Dear God, Is That Me?**

First of all thank you very much for the wonderful parcel. May you be alive and well, and keep on helping the people in need!

I'd like to share something else. A young acquaintance saw me taking my package from the post office. He asked for the newspaper. As I almost never part with it, I carried it with me and gave it to him. He read it and said, "It's a good thing you've got Rooibos tea, but why didn't they send you Samento as well?"

I looked at him surprised – what did he know about Samento?! I wished to talk to him. Until recently he was very ill. I asked him what his problem was and he replied, "I was terrified of everything. I neither ate nor slept and I lived in constant fear".

"But still you had a diagnosis?", I asked. He told me his internal organs weren't normally balanced. He was sent to the psychiatry ward by Stochna Gara station. He was startled when he saw the inmates fight in front of him. On the next day he was told his place wasn't there and was allowed to go.

He entered a drugstore for medicines. Another young man there asked him what he suffered from and recommended buying **Rooibos and Samento.**

My acquaintance bought them and began to take them. **As early as the third day he noticed a change – willingness to eat and work.** He couldn't even believe it. He said to himself, "Dear God, is that me?" On the next day he was lively again and as the winter was approaching, he harnessed the horse and went to the forest for firewood. He started going every day until the first snow.

There's nothing better than that – to recover your health with the help of Samento and Rooibos, so that you could take care of yourself and your family.

Veska Ganinska, Bozhenitsa village, Sofia district

### There Is One Irreplaceable Thing

Samento is truly the herb of the 21<sup>st</sup> century!

I'll try to present, as far as I can, the history of our diseases.

My daughter got sick in 1995. She maintained a temperature between 37.1°C and 37.6°C. We visited all kind of doctors – they made her plenty of tests and X-ray exams. They all gave vague answers and shrugged, unable to determine a diagnosis.

We tested her for **Graves disease**. It turned out the level of both hormones was increased. She was treated with Methisol for nearly a year. In the end they told her she had a weakened immunity but they didn't know what to treat her with. Then we started an exclusively herbal treatment – for general strengthening, for the immune system, for calming the nerves – teas and more teas without a break. **She felt tired all the time; she couldn't sleep calmly, woke up tired in the morning, and had a constant palpitation.**

**She started suffering time after time – in summer as well as in winter – from a sore throat (it grew intensely red and covered with wounds); she could swallow neither water nor food. Every time it lasted a dozen days at least.** We treated her with antibiotics, which we changed every 3 to 4 days with even stronger ones because the weaker didn't work.

And thus until September 2001 when we learned about Samento. On October 1<sup>st</sup> she started taking one 600mg capsule every morning. During the periods of cold and snow in November we increased the dosage to 2 capsules daily – one in the morning and one in the evening. Due to the low temperatures **she caught a cold and suffered from rhinitis and sore throat. We increased the dosage to 3 capsules daily. In just a couple of days the disease was "lost"** but my daughter kept on taking 3 capsules daily. SHE TOOK NO ANTIBIOTICS DURING THE ILLNESS. When everything passed, she decreased the intake of Samento to 2 capsules daily. Now she already takes 1 600mg capsule in the morning and feels comparatively well though she's still getting palpitation and growing tired.

I'm a **diabetic**. I've been suffering from **pains along the whole length of my spine** for years. When I bend down, I'm unable to stand up because of the sharp cutting pain in my waist. Sometimes I remain like this and have to lie down. I've used all kind of ointments – they give transient relieve and then it's all the same again. Every autumn I was given about a hundred shots, just to decrease the pain a bit.

I started taking **Samento** – one 600mg capsule daily with a cup of **Rooibos**. **Whether from a cold or a virus – I don't know, but I got a running nose and sore throat. Then I increased the dosage of Samento to 3 x 1 capsules daily. On the third day I was already feeling very well** but went on taking Samento 3 times daily with Rooibos tea. Along with that I finished one bottle of **Inubio Forte**.

My daughter and I have already used 9 bottles of Samento 600 mg; and we drink Rooibos tea all day – instead of water. It's marvelous!

I want to tell you also that I **used to have hearing problems but they're now relieved.**

We tell our friends who have health complaints that **there is one irreplaceable thing the use of which drives away all kind of ailments – and its name is Samento.** And it's really irreplaceable!

Margarita Dimitrova, Veliko Turnovo

## Samento Helps Me Deal With Parkinson's

I have been diagnosed with Parkinson disease. After being treated with all possible drugs, I started taking Mirapexin and Niar by a special protocol. There was no improvement. It was not until I reached a dosage of 3 x 4 capsules of Mirapexin daily that the tremor began to decrease, but I still felt bad. I stopped the drugs on my own responsibility because I lost hope. The tremor returned to its initial level; my hand was now shaking up to the wrist; I felt sick, feeble, and lightheaded. I decided to drink only herbal teas. My daughter had read in your paper about SAMENTO and ROOIBOS, and she brought them to me. I began to take 1 600mg capsule of Samento daily with a cup of Rooibos tea before breakfast. **After 20 days I started feeling better.** I now attend physiotherapy courses (massage). And I keep taking Samento.

I became a regular reader of Lechitel. Thank you from all my heart, Mr. Tzonkov, for the wonderful newspaper and the kindness you show towards people. I wish to believe that you'll help me.

Thank you for being there for us, for making me believe in miracles, and for giving me back my desire to live!

Lyubka Nedkova, Pleven

## Proven Diagnoses Yield Before Samento

Mr. Tzonkov, I'm sending you more information about the effect of Samento on my patients.

Angelina IVANOVA, 63. Diagnosed with **post-myocardial infarction condition, 3<sup>rd</sup> degree arterial hypertension, full femoral block, discopathy, bilateral coxarthrosis**, etc. 3 times hospitalized; regularly undergoes adequate therapy by a cardiologist. 2 months ago she started using a walking stick because of rapid fatigue and pains in all major joints, and she began to suffer from insomnia.

I persuaded her for a long time and finally she made up her mind to start taking SAMENTO (2 x 600 mg) and Rooibos

along with her regular therapy. In 2 weeks she told me the good news that she was feeling better, she **no longer needed the walking stick** and she had even gone to the orchard to do some work. She started **sleeping better** and **lost a little weight** - because she was about 100 kg and I explained to her how overweight wears out the heart and joints. I recommended to her to avoid salt, meat and flour products. Then I saw her in another 2 weeks and she told me she had felt better while taking Samento but now the old complaints had come back – and she couldn't afford to continue the Samento because of her meager pension.

Ana IVANOVA, 47. Diagnosed with **MS (multiple sclerosis)** – cerebrospinal form, psycho-organic syndrome – determined through a CAT scan of the brain and MRI. She had been treated in a neurological ward. The patient's mother asked me to examine her as well since she wasn't feeling well – she suffered from headache, insomnia, walked only with a cane inside the house and in the yard, went outside for just a little while, and felt a tightening in her knees and legs.

The exam showed the following: speech disturbances – the patient breaks up and repeats the words, making significant thoughtful pauses (several seconds long) between the sentences. However she's well orientated and answers adequately, although with difficulty. Her blood pressure was 100/65 and had been low all the time.

Taking into account her normal (almost) paraclinical tests and the pathological results from the CAT scan and MRI, as well as her age (menopause with its typical symptoms), I prescribed Memoplant, Osteovital and Rooibos tea, and suspended the formerly applied therapy with Sermion Mylgamma, Triovit. I offered the patient Samento.

A week after starting the Samento, the patient's mother came to inform me that her condition was beginning to improve, but she wanted me to see for myself so that I could confirm it. I went to see her and indeed – **she was walking inside without a cane.** Besides they had taken Samento 120 mg – they had hesitated and decided to try with the smaller dose at first.

Nevertheless I told her to take 3 capsules daily. Two weeks passed. When she had almost finished the Samento and the other medicines, the result was very good – **the speech disturbances had almost disappeared, she walked without a cane**, she boasted that **her headache was gone**. She only had some pain in the back of her neck – she said she had exostoses on the cervical vertebrae and the weather was rainy. **She now sleeps normally, the tightening and pain in the legs and knees are almost gone, and the blood pressure is about 120/80 to 120/90.**

Six weeks ago the **7-year-old Raddy Hristov** from Samokov was visiting my neighbors together with his mother. A couple of hours after they arrived, **his temperature rose to 40°C**, his throat was slightly red and his tonsils were not swollen but the right one had a hard purulent cap. His mother and I immediately covered his forehead and arms with moist towels soaked in equal parts of vinegar and water.

I learned from the mother that in the last couple of years the kid had been getting ill often, eating little and sweating profusely at almost any time. And he is quite frail for his age. **The kid had been treated with all kind of antibiotics, sulphonamides, Respivax, vitamin syrups, anti-helminthic drugs, etc. – with no effect.** Based on the exam, the medical history and the applied fruitless treatment I concluded that the kid was suffering from **exacerbated chronic tonsillitis**. I told the mother to stop any other treatment and immediately start with **Samento 120 mg** from this very morning – 3 x 1 capsules daily for 3 days, and then - after seeing an improvement and taking down the fever – to continue with 2 x 1 capsules daily for a month. After that she had to give him just 1 capsule in the morning for another month and then discontinue the use to see if the child would get ill again.

On December 2<sup>nd</sup> I saw the mother and child. She smiled at me happily and her son looked as if he were another kid – fresh, with chubby cheeks and playing lively with the other children around. The woman told me the kid was eating very well – she had even scolded him because he had eaten 5 slices

of bread at once two days ago. The unpleasant sweats were gone. He **hadn't fallen ill since he had started taking Samento** and he would continue taking 1 capsule daily for at least one more month.

Samento is really a miracle!

Dr. Romyana Ruzhina, Belly Iskar village, Sofia district

## All My Complaints Disappeared

Thank you for the wonderful newspaper and for your efforts to help people. I own every number of Lechitel since 1992. I work as a technical engineer for the railways. On June 28 2001 I fell and got a serious trauma – torn cruciate ligaments of the left knee. I had surgery on July 3, 2002. After removing the plaster on August 18 a slow and painful recovery, regaining of the movement and physiotherapy began.

In my fight to recover to the fullest possible extent (my work requires a lot of walking) I was helped by many of your wonderful products. Right after the surgery, while I was still in plaster in the hospital, I was taking **CLA Figurel + Chromium**. I think it helped me a lot not to gain too much weight (in fact I didn't put on weight at all, although I was bedridden for 45 days, completely immobilized). Moreover, this product preserves the muscles and energy.

Despite all the stress from the surgery affected me considerably. I had **high blood pressure, depression and pains in the region of the heart**. After I took 3 bottles of **SAMEN-TO** – in treatment dosages of 3 capsules daily – **all my complaints disappeared**. Thank you!

I wish you a lot of new successes! And keep on being as responsive and competent!

Eng. Maria Yordanova, Stara Zagora

## Happy Pregnancy With Natural Products

I want to tell you what an influx of strength and vital-

ity your products gave me during pregnancy.

I bought SELESAN in February (I had been taking it 2 years ago during my graduation exams). I can tell you that I never felt sickness, caught flu or suffered from a cold. After finishing the Selesan, I bought ACEROLA, which I shared with my mother (I wrote you about her in my previous letter – she’s slowly but steadily recovering after the heavy stroke with the help of SAMENTO, GINGKOMAX and PYCNOGENOL). Thanks to that I felt neither spring fatigue nor any of the typical complaints of pregnancy, and my test results were perfect. At the end of the sixth month I climbed the Tzarevets hill without a problem and walked 10 km daily at the least. At the beginning of the seventh month I purchased PIIMAX C + BIOTIN because I began to lose a little bit more hair. I overcame this problem in 2 weeks as well. I’m now taking PIIMAX CALCIUM + MAGNEZIUM and I’m very satisfied. I cannot help mentioning as well the result from the PYCNOGENOL CHEWING GUMS. In the eighth month a light bleeding of the gums appeared. The problem was fixed with one package of chewing gums. In these nine months I had been consuming the BISCUITS BIOCALCIO and EQUILIBRIA as well. Together with ROOIBOS they made a perfect dinner for me from time to time.

Thanks to your wonderful products, the active movement and the intake of a lot of fresh fruit and vegetables, as well as wholemeal foods, fish and dairy products, I felt excellent even in the last days of the ninth month.

On October 24 the baby was born (the labor was quite hard as it was large – 3750 g). **The doctors expected me to recover slowly (I had a large haemorrhage), but the miracle happened. That very night I took 1 capsule of SAMENTO 600 mg, and in the morning – one more with a cup of Rooibos tea. At 10 o’clock I had already recovered my strength and walked along the corridor.** I still take Samento – 1 capsule in the morning with ROOIBOS, and I feel perfect. **Samento saved me from the injections and life-support,** on which the doctors were

planning to put me on the very night my baby was born.

To all the staff of Lechitel I wish health and a lot of creative success!

Ralitza Dimitrova, Veliko Turnovo

## Food For The Soul And Salvation For The Body

I’m 23. After the birth of my son (2 years ago) I fell into the clutches of **postnatal depression**. Before I knew it, my spirit reached the very bottom of insidious despair and overpowering fears. Though a bit late, I received support from the doctors, not without the help of medicines that I took for a year and a half. I managed to get on my feet again, but the mental collapse had inflicted considerable damage – **stomach problems, fluctuating blood pressure, restless sleep; and some gynecological problems got accentuated too.** They required the use of strong antibiotics – several 10-day courses, which weakened my body, already exhausted by the constant anxiety. **Just as the vicious circle closed, I remembered about Samento.** I had already taken it, but only from the 120mg capsules and there was no effect. This time I bought from the 600mg capsules together with Rooibos and the drops Relaxin. **In a week I was literally “flying” while carrying out my home tasks, without getting tired until late at night.**

Today, 3 months later, I can tell that my soul received the food it needed so badly and my body miraculously overcomes any **infection or virus**. I also give **a quarter of a capsule to my son at the first signs of cold or flu – this way I save him the antibiotics that he’s otherwise prescribed at once.**

I’m infinitely grateful that we have you!

Darina Naidenova, Sofia

## Even Doctors Become Convinced Of The Effect Of Samento

Thank you very much for the letter you sent me, and for the care you take of the sick and suffering. I'm sending you copies of the tests I made. Formerly my SR was 41 - and now it's 5. I'm very surprised. Even my doctor asked me if I took something. I told him I took **the medicine of the century – Samento**. He looked at me astounded and said, "Keep taking it! Now I become convinced of its effect!"

Mr. Tzonkov, I can't do without Samento! The effect is great. May God protect you! Thanks from all my heart for what you do – and the doctors will finally agree with you. My heart feels increasingly at ease when I'm reading Lechitel!

God bless you!

Daniela Ilieva, Lom

## You Are Our Saviors

Dear Mr. Tzonkov,

Dear Editors,

I'm a reader and fan of yours.

I'm 9 years old, a 3<sup>rd</sup>-grade schoolgirl. Though still a child, I enjoy reading your Lechitel newspaper, which my grandmother regularly buys. I receive from it a lot of valuable information for your irreplaceable products, their usage and the illnesses they treat. The 3 volumes of your The recipes of Lechitel are my grandmother's reference books. I open them very often too. We seek in them a remedy for every pain. Your excellent products are highly respected by my family. **Thanks from all my heart for the Rooibos tea and the unique Samento – my saviors.**

Like every child, I've got some health problems too. Since my grandmother started giving me a cup of Rooibos with Samento 120 mg every morning before breakfast, **I've been overcoming all colds and flues. I don't get fever and I'm full of strength.**

Thanks to you and your products, which my grandmother regularly buys (Rooibos, Samento, Gingkomax, Ubigold, etc.), she's well – lively and cheerful – in spite of the heavy operations she has undergone.

I wish you to be healthy and to keep on being as responsive and concerned about us.

Radina Petkova, Plovdiv

## The Herpes Infections Are Under Control

I've been following the paper for years and collecting all the issues. It's interesting, provides plentiful and varied information, but most importantly helps thousands of people in distress.

Quite a while ago I wrote you, asking for help. I still haven't thanked for the personal answer by Mr. Tzonkov. I wonder how he's able to find the time for every letter and everything else. I've been suffering from very frequently **recurring herpes infections**. It was a nightmare.

After consulting Dr. Dundarov from the Lechitel Health Center and following the guidelines of Mr. Tzonkov, my condition improved. I was put an anti-herpes vaccine but **I've been drinking Rooibos tea in the morning for more than a year now. I forgot about the herpes. When I stop the tea, I sometimes begin to feel the symptoms preceding the recurrence of the herpes – stinging, itching and mild pain. Then I take a massive amount of tea and everything stops in a couple of days.** And formerly, before one herpes healed, another appeared. I was extremely desperate. **The last time I added a large dose of Samento and everything stopped before the symptoms appeared.**

Nadya Kirova, Haskovo

## Praise Be To These Miracles Of Nature!

I would also like to share some of my health problems with Lechitel – the most competent, topical and preferred med-



ical newspaper. The strenuous efforts to earn the daily bread, the fight for survival and the complicated health care system adversely affected my health condition too. New ailments joined the old ones. And they are quite a lot: **pulmonary, cardiovascular, bone and joint, gastrointestinal, diabetes – a bunch of hardly treatable, almost incurable diseases.** I'm allergic to most of the chemotherapy drugs and that's why I turned to some natural products, which Lechitel delivers from different parts of the world. For more than 4 months I had been taking 3 120mg capsules daily of the exotic herb **Samento**, famous for its powerful healing action, together with a cup of the miraculous **Rooibos** tea. In this short time and with the lowest dosage of Samento the positive results were a surprise to me. Although slowly, my body - exhausted and weakened by the thrifths and privations – began to recover. **I felt a surge of strength and energy. My spirits and optimism gradually reappeared.** I was reinvigorated. All that helped me prepare for my forthcoming operation. An echogram had revealed a relatively **large cyst.** Together with it some affected genital organs were removed. The surgery was successful. But unfortunately several days after the release from hospital I fell and felt unbearable pain at the site of the surgery. Fearing complications and despite my financial difficulties, I continued taking Samento 600 mg – 1 capsule daily before breakfast, and 3 cups of Rooibos. The pain subsided. My condition began to stabilize, my liveliness increased, the appetite and weight I had lost before the operation started to recover. My immune function began to improve and the wound began to heal quite quickly. The follow-up a month later found that **everything was going perfectly.**

With its indisputable and proven healing properties Samento is a source of health and life. That's why this gift of Nature should find a wider application including in the practice of conventional medicine. **The Health Insurance Fund would better grant it for free to the people who need it to live but are unable to buy it.** And for the incredible efforts and cares of Lechitel - and most of all its editor – to provide Samento, Rooibos and other valuable healing miracles of Nature

in our homeland, we owe a sincere and profound gratitude and acknowledgement.

Tzvetanka Stoyanova, Sofia

## I Overcame Depression

Dear Mr. Tzonkov,

I'm writing you these lines with great satisfaction and deep gratitude, and bow to you as a person. Thanks to your useful advice and directions for a complete change in my diet and exercise, I managed to achieve excellent results. I regularly took for 3 months the food supplements you recommended (**Samento 600 mg, Rooibos tea, Spirulina, Hercampuri, CLA Figurel + Chromium and Citrikrom**) and now **I feel perfect. In these 3 months I lost 25 kg– from 115 kg before to 90 kg now (I'm 186 cm high).** I accomplished this result with a strong will and strict observance of your helpful and health-restoring instructions. I only consume vegetarian food and roasted fish, vegetable soups, fresh fruit and vegetables. **My nervous system is fine – my longstanding, torturing problem. Now my nerves are calm and I don't take any chemical antidepressants. I am fresh and feel at ease when commuting to the downtown area and back. I don't get tired or sweat as before.**

May God protect you and give you health and life, so that you could continue helping the tormented Bulgarian people.

Doncho Stavrev, Plovdiv

## *Lechitel* Revolutionizes Medicine

Frankly speaking, **your work in the field of health care through the natural healing products is a real revolution** and you are indisputable pioneers, to which testify the thousands of people who have obtained actual results in the treatment of various diseases. And what is more, **you probably already have and will have a real contribution to the**

### **extending of life expectancy.**

May you be praised for this humane activity! You should be proud in your capacity of humanists and healers who have given something good and remarkable to our suffering people!

I'd like to express my personal gratitude for the real help I received from your products. As an old man – 82-years-old – **I've got prostate problems** (difficult urinating and frequent nighttime urges). Some time ago I even reached the point of requiring a catheter (an extremely unpleasant experience!), which I used for one month.

Thanks to your medicinal products – **Samento, Rooibos tea and Prostamax drops** – I managed to get rid of the unpleasant catheter quite fast.

Stanoy Assenov Mihaylov, Pernik, 18 Pirdop Str.

### **The Ulcer And Colitis Were Relieved**

Hello, Mr. Tzonkov! I'm a regular reader of Lechitel. On your instructions from March until July 15<sup>th</sup> I had been taking 1 capsule of **Samento 600 mg** daily with **Rooibos tea**, 30 minutes before eating. Then I made a 15-day break and since August 1<sup>st</sup> I started taking 2 capsules daily, which I continue taking up to now. I see the following results:

**1. My blood pressure normalized and I stopped the medicines.**

**2. The ulcer no longer reminds of itself and I can eat whatever I like.**

**3. My blood sugar returned to the normal 5.5.**

**4. The hemorrhoids are not painful anymore and the colitis was relieved.**

Yordan Yozov, Hurllets village, Vratza district

### **We No Longer Use Flu Vaccines**

For the second year in a row, once people and the media start talking of a **flu outbreak** in autumn, my daughter and I

start taking Samento 120 mg in the morning with Rooibos tea. My family drinks it in the place of water. In case of a mild indisposition – sore throat, running nose or cough – we immediately change to **Samento 600 mg** for a few days and after the complaints fade away we go back to Samento 120 mg until the outbreak is over. We don't use flu vaccines.

Tanya Gueorguieva, Sofia

### **I Only Have Faith In Samento**

In the last 5-6 years my husband and I have been regularly buying Lechitel. We haven't missed a single number.

Although we are retired, I decided to buy **Samento** too. The first time I purchased from the 120mg capsules, and the second – from the 600mg (using the discount coupons). I suffer from a lot of diseases – mostly **headache, exostoses and pain in the bones**. Because of the headache I was made scans, Doppler ultrasonography and X-ray examinations for sinusitis – but they found nothing. The doctors attribute it to the exostoses in the neck. **The medicines didn't help me**. For a long time (already second year) I had been quenching the pain with analgesics.

I can tell for sure that **since I finished the Samento bottles (2 months ago) I haven't had a headache, my sleep became sound** and I'm not as short-tempered anymore. **I don't snore at night** and I feel different. My relief is great. **I'm calm.**

I only have faith in Samento now.

Vena Yordanova, Svoge

### **The Result Came On The Third Day**

Thank you very much for the 6 bottles of **Samento** and the kilogram of loose **Rooibos** tea you sent me by post. My wife and I started using them on Saturday – 1 capsule of Samento with a cup of Rooibos in the morning and evening. If you

remember, I suffer from a **cataract, prostate inflammation and allergy to drugs;** and **my wife has rheumatic pains and eye injury resulting from a fall.**

To our surprise **on the third day (Monday) by noon my wife no longer felt pain in her knees and waist, and besides she urinates less frequently. I only get up once during the night instead of 3 times** as before. We shall continue taking the capsules and hope for more lasting results.

Peter Peev, Gabrovo

### **I Don't Want To Part With These Wonderful Cures!**

I was overcome by absolute discomfort and total physical and mental collapse. I had **high blood pressure, neurovegetative dystonia with depressive behavior, sedimentation rate of 64. I had a fever of 37.1-37.2°C every evening, my blood sugar rose to 18-20 and I felt panic fear during every crisis.** After going to bed I had a feeling of **falling through and spinning around,** and when standing up even from a seated position I felt as if everything got messed up in my head and I lost orientation. I was hospitalized twice, tested and released from hospital with fever. I was taking 2 tablets of the fever-reducing Amidophen every 2 hours, but nevertheless towards 5 or 6 pm my body temperature always rose to 37.1-37.2°C.

In December I felt as if sunk in a hole – languid, depressed; I thought my end was nearing. I'm subscribed to Lechitel and I read it with pleasure but I hadn't been buying any herbs. Before New Year's Eve my husband had to go to Sofia and brought me **ROOIBOS TEA** (100 teabags) and **SAMENTO** 600 mg. I started taking them in January.

For a dozen days I felt nothing special, but then the change came. I started moving about. We bought another bottle of Samento 600 mg and Rooibos tea, then one more. I finished it too.

**The results are simply incredible.** I, who used to be confused, frightened and able to do just a small part of my chores around the house, can now tell that **I feel good, I work all the time and have no fear. My blood pressure is almost back to normal. I don't have fever; don't get a "falling through" sensation after going to bed and my depression disappeared. I made blood tests: the SR is 7. I'm joyful and happy, I became a new person!**

I'd like to tell everyone – don't hesitate, buy Samento and Rooibos, although they're not cheap, and you'll save yourself a lot of suffering. **My colitis subsided too.** It is 2 days since I stopped the Samento and I wish I wouldn't have to part with these wonderful cures. I don't want my previous problems to come back again.

Thank you for being there for us!

Zoya Ivanova, Clenovic village, Radomir district

### **Samento Against Prostate Adenoma**

I'm 63. In the last 4 years I've been having difficulties urinating. **I suffer from prostate adenoma.** During the day everything is normal but in the evening it's getting very hard. I've gone to the doctor several times. I was given all kind of medicines and piles of herbs, but to no avail.

Several months ago, when I was passing in front of a newly opened Lechitel drugstore, I saw a queue. I asked what it was for and they explained to me it was for the herb **Samento** – the miracle of the 21<sup>st</sup> century. I passed by without taking more interest. Two months later I came upon an acquaintance of mine. Talking about our problems, I shared mine. He advised me to try with Samento and told me to buy the Lechitel newspaper. I started buying it regularly and read it with great interest. I felt happy for all the people who had been healed. Then I bought 7 boxes of Samento and Rooibos tea. I was told to take 2 capsules daily in the first week and 2 x 2 capsules in the next 3 weeks. After that I had to go back to 2 x 1 capsules daily. On

July 11 it will be 2 months since I started taking them. And to my biggest joy **the result wasn't late. After the first month I've got an improvement.**

Thank God for opening my eyes to use the herb! May your work be blessed so that you could go on helping people! I'm grateful that we have you!

Peter Stanev, Dobrich

### The Herb That Gives Us Life

Samento is the miracle herb of the 21<sup>st</sup> century, the herb that gives us life. Thanks to Samento I still live and work. I'd like to express my enormous gratitude to Mr. Tzonkov and to all the Lechitel staff. I cannot describe how happy I was when you responded to my letter for help – I felt like flying. I'm boundlessly thankful for your advice on how to take Samento and what tests to make afterwards. I'm also sending you two previous epistles, but without tumor marker as the doctors in the Varna Oncological Dispensary told me it was not required for my disease. They asked me, "Since you have decided to treat yourself with Samento, then why have you come to us?" Now I feel very well, I have finished **16 bottles of Samento** and we all drink **Rooibos tea** – even my grandson likes it very much.

May you be alive and well, and always that responsive to the pains of young and old! God bless you and help you in all your deeds.

Ganka J. Angelova, Petrov Dol village, Varna district

### The Rhinitis Disappeared

I have been using the excellent Rooibos tea for a long time and I bought a bottle of Samento 600 mg. I take 1 capsule every morning on an empty stomach together with Rooibos tea. **I used to have persistent rhinitis** that I couldn't heal with anything – all year long. Since I started using this tea and **Samento**, before I knew it **the rhinitis disappeared** – a real

wonder.

I believe in the miracle of your products!

Dimitrinka Vlahova, Chervena Voda village,  
Rousse district

### This Is The Miracle Of The 21<sup>st</sup> Century

I live in a small village near Rousse. I feel Lechitel as a very close friend, for already 10 years it visits my home once a week.

Last March my younger son and I were very ill – **a bad flu got us bedridden**. Then I read about Samento in the newspaper and we bought it immediately. I started giving my son (who's 10 years old) one third of the 600mg capsule daily and I took 1 capsule in the morning before breakfast. **The effect was amazing! This is the miracle of the 21<sup>st</sup> century!**

I have an acquaintance whose sister has a **terminal-stage cancer** and for that reason they had refused to operate her. I offered her all issues of Lechitel that wrote about Samento and she began to take it right away. **Now she already has enough strength to move and she stopped the chemotherapy.**

A lot of people in my village are already taking interest in this product because I never stop talking how good Samento is and what the results from its usage are. But first of all I tell them to subscribe to Lechitel and read about the results themselves!

It's wonderful we have you!

Stefka Stoyanova, Hotantza village, Rousse district

### I Started Feeling Strong

I use Samento and I'm very satisfied. This spring I felt no fatigue at all. I started feeling strong as early as the third day since beginning to take it.

Violeta Seculova, Purvomaitsi village, Veliko Turnovo district

## No Hay Fever In Spring

My son is 35 and he's been suffering from hay fever since he was a child. **He has a strong allergy to down, dust and grass pollen.** This spring I made him take 2 bottles of **Samento 600 mg.** Up to now (May 8) he hasn't got rhinitis though the poplars' flowering began. I am elated by this fact and I want my grandson, who has inherited his father's allergy to those same allergens - and who according to the doctors is already an asthmatic - to start a treatment with Samento.

Lidia Dimova, Sofia

## I Got Rid Of My Complaints

I'm delighted by the way Lechitel Weekly is edited. It's needless to say that I find a real pleasure in reading it and taking advantage of its content for maintaining my health.

I had been taking **Samento for prevention** and since the very start my complaints disappeared. I'd like to know whether one should follow a specific diet while taking Samento and how it should be taken.

My son's prostate is slightly enlarged. Can he take Samento and by what scheme?

May you be healthy and ever so responsive to human pain – something so rare nowadays!

Thank you, thank you for helping us!

Irina Gueorguieva, Varna

**Editor's Note: The use of Samento does not require a special diet. You'd better avoid milk and other unhealthy foods.**

**Let your son send us a copy of his diagnostic and laboratory tests so that we could consult him.**

## A Better Remedy Than Flu Vaccines

I'm writing these lines with gratitude and respect for you. I'm 53 and I've had two heavy chronic bronchopneumonias,

from which I've recovered rather slowly (for a period of 6 months). This year my friends told me about **Samento** and I decided to try it in the months of November and December as a preventive measure. I bought from the child dosage and started taking 1 capsule daily (my weight is 53 kg). **The results were impressive.** In the beginning I felt an influx of energy, appetite, a good diuretic effect. And lately the pains in the fingers of my both hands and my wrists subsided.

I haven't fallen ill so far. I made a 1-month break and then resumed the Samento, but from the 600mg capsules. I feel that this is **a finer way to protect ourselves from flu and the other infections transmitted by droplets rather than using vaccines (as a matter of fact I can't use them because I'm allergic).**

May your deed be blessed!

Anna Lautlieva, Plovdiv

## Wonderful Effect!

Hello, Healer\*!

I'm a subscriber to Lechitel from many years and I've tried a lot of your recipes. A year and a half ago I started suffering from **pain in the region of the liver** and since I had a gall-bladder operation 7 years ago, I was subjected to all kind of tests, echograms, diets and expensive medicines – but nothing helped. I had read about SAMENTO in Lechitel and without asking my doctor, I started taking 2 capsules in the morning for 30 days. **The effect became apparent as early as the first week.** And thus **I've been using it for a year now – 1 capsule every morning. And for a year I haven't caught a cold. Samento protects me from all kind of viruses,** it's wonderful. That's why I consulted my family doctor when my 3-year-old grandson got sick. He was diagnosed with Perthes disease (osteochondritis deformans juvenilis) and besides he was frequently ill. Since May he started taking 1 capsule of Samento

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\* *Lechitel means "healer" in Bulgarian – Translator's Note*

120 mg every morning before breakfast and he hasn't caught a single cold.

Maria Andeva, Stamboliyski

## I Was Saved By The Miraculous Samento

I'm a regular reader of this lovely newspaper. I'd like to tell you about the miraculous **Samento** and the **Rooibos** tea.

Last year I developed **acute tonsillitis**. I started a treatment with conventional medicines. I took an antibiotic for one month and in the end my doctor prescribed me penicillin, but my condition was barely improving.

I had read a lot about Samento and decided to try the 120mg capsules combined with Rooibos tea. **I finished 2 bottles and already with the first one I regained my strength and started feeling well. I regretted having tortured myself for a whole month with antibiotics** - and the effect came only after taking the miraculous Samento.

In the autumn I took one more bottle for prevention (every autumn and spring I used to suffer from acute tonsillitis).

I want to thank this noble man Atanas Tzonkov for the chance he's giving us to buy Samento. I have undergone a cancer operation and my hope lies in him.

I'd like to share something more about Samento. A month ago I fell into a **depression**. My friends gave me 1 bottle of Samento 600 mg. It may sound unbelievable, but **Samento saved me from the depression**. Now I feel more confident and calm.

I join the call of all who need to receive it **for free from the Health Insurance Fund**.

Daniela Ivanova, Haskovo

## No Trace Remains Of The Migraine And Bulimia!

I am now 68 years old. **For as long as I can remember my life has been embittered by migraine**. Then it was

joined by **bulimia**, which came as a result of the stress from my husband's death. I was left all alone. I lost faith in everything. But Lechitel **came to my rescue with Samento. Now no trace remains of the migraine and bulimia!**

Samento gave calm and health to some friends of mine as well, to which I recommended it.

No one in my life has ever saved me like Samento did!

Elena Markova,  
Banya village, Nova Zagora district,  
"St. Petka" Aged Care Facility

## You Help In Need As True Friends

A very confused and desperate girl from Bourgas is writing you.

Yes, you really are among the few true friends to me, because it's only them who help in need. In writing this letter I wish to thank your newspaper and the people who make it. It was through Lechitel that we learned about the miracle **Samento**. It was hard to believe because so many press editions offer "miracles" too. But we had faith in the name of your newspaper and knew it wouldn't betray our hope and trust. And so we bought Samento 600 mg for my mother. She has a lot of complaints – **rheumatism, colitis, enlarged spleen, thyroid gland problems**. Taking once a day from the miraculous cure, the life in her awakened, one can see she has more energy, she even looks prettier. **It's unbelievable, but it's a fact – she's better thanks to you**. Thank you from all my heart. I could hardly find a truer friend than you!

Iva Guerova, Bourgas

## My Strength Recovered

Hello Mr. Tzonkov,

I wrote you several times and you replied that I'd rather come to your health center for some tests. I had the desire, but

not the opportunity. I'm an old woman and my ailments are quite a lot. I have been suffering from **arterial hypertension for many years**. Then the doctors told me I had **angina pectoris, pulmonary thromboembolia and recently slow pulse and enlarged liver**. I was taking 6 or 7 different medicines every day. Lately I'd been suffering from shortness of breath, I couldn't sleep and I told myself – enough! I started taking 3 x 1 capsules of **Samento 600 mg with Rooibos tea and Cardiosan** as you recommended. From all the drugs I only take Sintrom by a special scheme.

**To my big surprise I feel very well now. My sleep is sound and strength recovered.**

Bonka Dineva, Svilengrad

### **I Didn't Believe In Miracles, But The Miracle Is Called Samento**

The words are powerless to convey my infinite gratitude to all of you, my friends from Lechitel.

I'm 39 years old, from the town of Rousse. And like many of your fans I decided that I shouldn't keep silent but rather write about the success of my treatment - in order to help all the people who suffer from the same condition.

Three years ago – in January 1999, **after a very heavy flu** and treatment in the hospital the doctors found out I had acquired **mitral valvular disease and pericarditis – inflammation of the heart membrane. The pericardial effusion (the collected amount of water) was around 250 ml.**

Since then my treatment started – mainly for decreasing the effusion. After a 7- or 8-month treatment with the most potent anti-inflammatory and other drugs the water was reduced to 150 ml. Every few months I traveled to Sofia for check-ups at the National Cardiology Clinic. In April 2001 the effusion was again 220 ml. As in 1999, they made me a complete immunological test at the National Center for Infectious and Parasitic Diseases in Sofia – in the laboratory for inflammation and immu-

nity mediators.

The tests showed no presence of inflammatory agents but an extremely weak and defenseless immune system. I continued taking the drugs, while constantly consuming honey, lemons, milk and everything they told me for strengthening of the immune system.

An echocardiogram made in October 2001 in Sofia showed the effusion was again unaffected – around 230 ml. I resumed the use of anti-inflammatory drugs that cost me BGN 140 for 45 days.

Despite all efforts at the end of November 2001 the water was back to 250 ml. I felt feeble, got tired very quickly, had stabbing pains and tightening in the region of the heart. They offered to hospitalize me.

My sister, who is a regular reader of yours, had been talking to me about Samento since the summer. I had lost all hope that something could help me. When she heard I had to enter a hospital, she insisted on going to the Lechitel drugstore and bringing me **Samento and Rooibos tea**.

I asked the doctors to remain on home treatment for some more time, telling them I didn't believe in miracles but I would still try Samento.

Since December 1<sup>st</sup> 2001 I started taking 1 capsule of Samento 600 mg every morning with Rooibos tea. I went for a medical check-up (echocardiography) on December 19<sup>th</sup>. Miracle or no, but **the effusion was reduced from 250 to just 100 ml in only 19 days**. I had started feeling the effect as early as the third or fourth day since beginning the use of Samento – I didn't get tired as quickly and the tightening I felt became less frequent, but I thought it was just in my head. After the check-up I was so happy. I continued taking Samento and Rooibos.

**On January 11<sup>th</sup> this year I was made another echocardiogram. The liquid was so little that it couldn't be measured, meaning there is almost no effusion.** Of course, I've still got the mitral defect and the adherent pericardium as a result of the disease. But I hope that the stenosis (nar-

rowing) of the mitral valve will not change as quickly as it did when additionally pressed by the effusion. I even hope at the back of my mind that a second miracle might happen – restoring of the valve opening.

For that reason I continue taking Samento and Rooibos, while I discontinued the use of all the other medicines a long time ago.

Once again I'd like to tell all the readers: I didn't believe in miracles but the miracle happened to me – and it is called Samento!

Nevena Borisova, Rousse

### Your Herbs Saved Me From The Heart Pains

Dear Mr. Tzonkov, I'm writing you these lines with great satisfaction and deep gratitude, and bow to you as a person! I'm a regular subscriber to Lechitel Weekly and I have been taking **Samento** and **Rooibos** for a year.

I've finished 3 bottles of Samento 600 mg. **Samento and Rooibos saved me from the heart pains and gave me strength.**

Now I drink only Rooibos and I feel very well.

My husband and my granddaughters take your wonderful herbs too.

Nayda Ranguelova, Gorna Verenitza village, Montana district

### We Feel As Light As Feathers

I regret very much not having read Lechitel from the very beginning. In the last year and a half I've been following the paper very closely and I've learned from it a lot of useful tips for all the family. **My wife and I have been taking Samento since 2001 – one 600mg capsule every morning – and we'll take it as long as we live. It makes us feel as light as feathers, unlike before when we used to feel tired to**

**death.** We were in real bad physical shape, we had no strength at all – we would fall to the ground if somebody pushed us with a finger. With the help of Samento we feel excellent and we have forgotten what pain is.

Gueorgy Gueorguiev, Sofia

### My Blood Pressure Normalized In 10 Days

I once asked an acquaintance of mine, who was traveling to Stara Zagora, to buy me a bottle of Samento 600 mg and Rooibos tea. I started taking them. **On the 10<sup>th</sup> day my blood pressure fell from 190/115 to 130/80.**

Donka Koleva, Yambol

### Don't Go To The Seaside Without Samento!

This is not the first time I write about the magical Samento and the Rooibos tea, which brought me back the joy and I was happy that **my nails restored their good shape** and like the other girls I now have manicure (before they used to crumble like sand). All thanks to Samento and the wonderful Rooibos! I soaked my hands 4 times a day in an infusion made with 1 teabag of Rooibos as well.

Last summer I went to the seaside in Varna together with my boyfriend. Three days later we got **abdominal pains accompanied with vomiting.** We were told that this was from the water. I bought a bottle of **Samento 600 mg** from the drugstore in Varna and we took 1 capsule each in the morning and evening. On the second day we felt well.

Kremena Gueorguieva, Plovdiv

### A Cart Of Presents From Your Products

My family has been following Lechitel ever since 1992. Since then it has become a family tradition to read and apply your advices. 3 years ago we seriously took up to improve our



health. We started taking **daily 1 capsule of Samento with a cup of Rooibos tea before meals, and we continued drinking the tea instead of water even after that.**

Last month, when I received my salary, I decided to spend all of it for my family's health. I bought for my father **Cardiosan** as he has heart problems, and for my mother **Visio Balance** for improving her sight and **Citrikrom** for weight loss. And since she's approaching menopause, I decided to take her **Femicaps Easy Life** too. I bought for myself **Allermin** because I've got an allergy to strawberries and all kind of mossy fruits. I also bought 5 packages of chewing gums with propolis and 5 of **Diet Ananas**. And so, with a full boot of the car, I returned home for Easter to bring joy to my parents – remembering also in the last minute to take for dessert on the holiday table from the Spanish biscuits **Avena Fibra**.

**I lack the words to describe how healthy, lively and joyful my family feels thanks to you, Healers.**

Lately I have become a great fan of your products and I want to use them all – to compensate for so many years of poisoning my body with all kind of chemical pills, with which I cure one thing and bring on another – and so on, one after another, like a rosary.

Thank you, Mr. Tzonkov, that **in 1 year I have cured myself from all my problems, which I had been treating for 10 years with no success.**

**Now I'm a new person! My mother and father feel like they had been reborn.**

Thank you, guardians and healers of Bulgaria!

Dimka Perperieva, Ograzhden village

## **Miraculous Products That Save From Pain And Death**

Dear Mr. Tzonkov,

I express my great appreciation to you and your team for your work and this huge love for people that God has given you – to people who are turning to you and your staff with pain

and thirst for life. You, Mr. Tzonkov, are providing these miraculous products that save from pain and death. **Samento and Rooibos are a miracle that helped me too.**

After a long period of time I managed to save money and bought Samento for **my sister who is 76, bedridden and used to wet her bed. We had to get her a catheter. But Samento did a great job – my sister not only stopped wetting the bed, but started getting up with the walking stick and attending to herself.** It's a pity she's a solitary widow and cannot afford this magic for a longer time.

May God inspire at least a little bit of mercy in the hearts of the government officials to take care of such patients who long to live.

Kindest regards from a fan of yours who's a subscriber to Lechitel and eagerly awaits it every Thursday – so exciting to me is your newspaper!

May God protect you!

Katya Gueorguieva, Sofia

## **With No Cane Or Arrhythmia**

Lechitel Weekly is priceless and useful for everyone because there's nothing more precious than health.

**I had been walking with a cane for 5 years. My blood pressure rose to 230/100 and I had constant arrhythmia.**

**With a few bottles of Samento 600 mg the miracle happened. My blood pressure fell to 150/90, the arrhythmia vanished and I now walk easier.**

I use the magnificent Rooibos tea too, which strengthens the immune system and normalizes weight. **I feel lively and I have a sound sleep.**

I also take **Cardiosan, Selesan and Zinerin Forte** – natural products from the drugstores of Lechitel.

May all of you who work on this tough front be alive and well!

Berislava Kostakeva, Sofia

## My Nails And Bowels Are Now In Perfect Shape

I'd like to thank the wonderful Lechitel newspaper, which I was taking from my grandmother. I found in it a lot of healing products and teas that I've been using for 3 months now. I had a very nasty ailment of the **nails – they were brittle and crumbling**. I went to the doctor, used various medicines but there was no result. When I read about the miracle **Samento** and **the Rooibos** tea, I started taking them at once – 1 capsule of Samento 600mg in the morning and evening and 3 cups daily from the tea with honey. I also soaked my nails for half an hour every morning and evening in a Rooibos infusion and the result came in 3 months. **Now my nails are smooth and strong. My joy is big because I'm only 25.**

**The other problem that tormented me was constipation, but these splendid products normalized the function of my bowels too.**

Thanks to the miraculous Samento and the Rooibos tea, which I drink all the time, I feel very well. Heartfelt thanks to the whole Lechitel team. May you be alive and well – and exist forever!

Katerina Gacheva, Plovdiv

## My 92-Year-Old Mother Became Younger Again

I'm writing you after following a diet for 3 months because of the infection (**Helicobacter pylori**). I have been taking Samento – 2 x 2 capsules – with Rooibos tea as well. I even liked the diet. As a result I have reduced my weight from 60 to 55 kg. **I feel very well – I overflow with vital strength, I work in the garden until breaking into sweat and I carry out my house work without even stopping for breath. The pain in the back disappeared. My sleep improved and the depression is fading away. The ringing in my head (ears) is decreasing.**

**As to my mother, she became younger again** – incredible but true. She feels very well. She resembled a corpse when she was discharged from the hospital and now she's on her feet all the time. **Ubigold, Cardiosan, Gigkomax and most of all the magical Samento** saved her life. 92 years old, she's now ready to do any kind of work.

Radka Ivanova, Gorna Malina village, Sofia district

## My Little Daughter Is As Strong As Hercules

I've been reading Lechitel for 3 years now and I admire your humanity and skill for resolving the complex human problems related to health – our biggest wealth.

I have convinced myself in person of the extraordinary properties and action of the medicinal **Rooibos** tea and **Samento**. My daughter is ailing frequently and I decided to give her **Samento** 120 mg. **In a few days the cough subsided and we started "fighting" the bronchitis.** The child shared with me that she suddenly felt very strong – as "Hercules". She didn't feel tired when running and she returned from school a lot fresher and full of energy.

Silvana Atanassova, Turgovishte

## Improvement In A Patient With Hodgkin

Eight years ago, after several nervous breakdowns, an enlarged lymph node appeared on the left side of my neck. I went to the doctor and after a biopsy was **diagnosed with Hodgkin**. I was treated in Plovdiv – with **chemotherapy** and **radiotherapy**. Everything passed and was all right for a while. I was very worried because the treatment itself is very tough, but with the help of my parents and close friends I managed to maintain a positive outlook on life.

The time went by and I began to lose weight. **My hemoglobin levels were very low. I had my spleen removed.** And thus I started making the rounds of the hospitals again, after which another period of calm ensued.

A few years later I got a very strong pain in the throat and the disease reappeared. I **once again had chemotherapy and radiotherapy** in Sofia. But this winter, after a heavy flu, another swollen lymph node appeared under my ear. I took an antibiotic and my test results are good. But I decided to buy **Samento** and **Rooibos tea** too. **I've been taking them for several months now and the effect is incredible. The inflammation almost subsided**, but still I decided to write you for advice on how exactly I should take these herbs, because I have a panic fear of chemotherapies. I believe in these products. I've taken many herbs from all kind of healers but **I feel best with Samento** and most importantly, I don't have problems with my nerves. **Samento helped me when my daughter suffered from flu.** I was giving her Samento in winter from time to time too.

I recommend it to a lot of people with health problems and they all feel well.

Kina Krysteva, Sliven

### **I Found The Lifesaving Herbs!**

Hello, dear editors of Lechitel Weekly,

The moment has come for me to experience the healing qualities of the Lechitel's products too. I've been an endless pessimist for many years but I'm the biggest optimist now. I already know that since the Lechitel drugstores exist, my ailments will be less.

**I've been suffering from myopia since I was a child, which with the years was progressively increasing. It reached -8 diopters, with permanent pain and tension in the eyes and forehead, blurring of the vision and obnoxious headache.** Whatever treatment I was undergoing, it was doomed to failure. All sorts of psychics, herbalists, naturopaths – and no result at all. I got convinced that nothing could help me.

But I was proved wrong – there was a cure for me too,

so easy and convenient at that. I've been taking **Samento 600 mg** – by a scheme - **and Visio Balance** for some time now.

And, miraculously, **I'm not the same sullen and depressed woman anymore. My vision brightened, the constant tension and headache disappeared and so did the "midges" floating in my eyes. My spirits rose and my blood pressure stabilized. In a nutshell, I felt a different person and started looking ahead more cheerfully.**

I've used other products of Lechitel too. And I've decided firmly that from now on **my saviors – Samento and Visio Balance** – will always be present in my home!

Lilyana Petrova, Chepintzi village, Sofia district

### **We Set Aside A Part Of Our Small Pensions For The Favorite Medicine**

Dear Editors of Lechitel Weekly,

Dear Mr. Tzonkov,

We are a family from the Bryagovo village near Haskovo. My husband has been a subscriber to your newspaper for years. We always look forward to it, follow it with interest and read some things over and over with love. We share them with relatives and friends, and we admire your effort and patience to help every patient, and to bring back hope for health and life. And it really happens. For almost a year we have been putting aside a part of our small pensions to buy our favorite medicine **Samento** and the teas Rooibos and Honeybush. And indeed we felt their wonderful effect.

For us this is our newspaper and we hope that with your help, Mr. Tzonkov, we shall continue treating ourselves and prolong our life.

Mr. and Mrs. Zhelevi, Bryagovo village, Haskovo district

### **My Child Grows Healthy With Samento**

In the beginning of this year I turned to you with an

ardent appeal for help in relation with the **pharyngitis** that my daughter was suffering from. You recommended **Samento** 120 mg 3 times daily, with gradually lowering the dosage to 2 capsules – in the morning and evening, and finally to 1 capsule daily.

I followed your directions and my daughter finished the first bottle according to them. After that she took 2 more bottles of Samento 120 mg – I was giving her 1 capsule in the morning, half an hour before breakfast, with Rooibos tea. **A few times the pharyngitis tried to develop again but we managed to avoid the complications.** I truly hope that the previous terrible cough that intensified mostly during sleep is now gone.

**My daughter has put on a little weight. She looks healthier and livelier since she had taken Samento.** At first I thought it was just my imagination, but a lot of people tell me that the kid looks better, that she's suddenly grown up in stature and has gotten ahead of her coevals.

Antonia Petrova, Kurdjaly

## I Avoided Teeth Extraction

In these awful August heats I started suffering from an **unbearable toothache**. My gum and even my entire cheek swelled in one night. The dentist was on holiday and I couldn't bring myself to seek another specialist. I first wanted to try with **Samento that had saved me from so many different illnesses and pains.**

And so I started taking the massive dose of 3 x 2 600mg capsules daily, but I opened them and emptied the powder in a cup of cold Rooibos tea. I gargled and swallowed the healing liquid, and when the pain became unbearable, I sprinkled the powder on the swollen gum directly. And it was so terribly swollen that not just my cheek but my entire neck was aching, right until my ear. I couldn't even touch the sore gum with the toothbrush – I just gargled with Rooibos and Samento.

And on the second evening the miracle happened! With no intervention by a dentist, no extraction of the tooth or cutting

the gum, it opened by itself and discharged an incredible amount of pus and blood. On the next morning there was no trace left of the swelling – just a little blood, but I continued to gargle and drink the healing liquid. In another 2 days on Samento all pains faded – even those who made my neck numb.

I understood now the words of one reader of Lechitel who had written that her family, constantly taking Samento, had almost stopped going to the dentist.

I'm infinitely grateful to the people who work for Lechitel and to those of its readers who help us to deal with the pain and suffering in the best and most harmless way!

Savka Gueorguieva, Sofia

## The Miracle Samento Saved Me From The Surgery

Hello, dear editors and Mr. Tzonkov,

I'd like to thank you from all my heart for being by our side and helping people. And I want to tell you how **the miracle Samento** helped me too. I underwent an operation 16 months ago but I've got intolerance to surgical threads and my body rejects them. A month and a half ago I got strong abdominal pains. I **consulted a surgeon and he found out an abscess sized 4 x 4 cm and recommended surgery.** Then I phoned you and explained my problem. You told me to take Samento 3 x 2 capsules daily with Rooibos tea for one month. I started immediately and at the same time was appointed physiotherapy. In just 15 days the abscess burst and let out the pus. The doctors were very surprised. I also had a **staph infection that was healed.** I've been taking Samento for a second month now – 1 capsule in the morning and evening with a cup of Rooibos – and I feel very well. Thus **the miracle Samento saved me from the surgery** and I cannot think of words strong enough to express my enormous gratitude to all of you who offer this wonderful newspaper. Without you we wouldn't have known of these magical products from nature.

May you be alive and well, and God protect you!  
Ivanka Anguelova, Kurdjaly

### **The Ailments Fade Away**

I'm a subscriber to your wonderful Lechitel newspaper and I've been recommending it for years to the people I know. Through it I have gained a general knowledge of medicine and learned a lot of useful things for my health. I thank you with all my heart for that.

I've used some of your natural products and mostly Samento. I underwent a serious surgery in February – of the colon that was threatened with imminent obstruction by a **large polyp**. I had been suffering from grave **anemia** for 2 years, which I later learned was due to the polyps. After the surgery I took 2 bottles of **Samento** and I recovered very quickly. I also suffer from **ischemia and stenocardia, hypertension and coxarthrosis of the right leg**. I now take **Selesan** tablets. Before and after the surgery I felt **intense dizziness**, but it gradually faded away.

Nicolina Petkova, Rousse

### **I Feel Better And Better**

I comply with all your tips regarding the intake of **Samento and Rooibos**. I eat vegetarian and always try to include vegetables in my diet as you recommended.

**I suffered from chronic constipation** but things have normalized since I started taking **Inubio Forte**.

**My health condition has been improving since I increased the Samento dosage (3 x 2 capsules daily). My eyesight sharpened significantly, my blood pressure dropped and my weight increased, which is good for me because I was very slim.**

Ivanka Dimova, Dryanovo

### **The Doctors Discover Lechitel And Samento**

I've been reading with great interest about the miracles Samento does. And I've been recommending it to all my relatives and friends. Whoever complains of some disease, I find and offer the necessary numbers of Lechitel at once – and everyone becomes a regular reader of the newspaper.

My targets are now the doctors. I want to break their skepticism and arrogance towards Lechitel. Last year I gave a few doctors I know two dozen issues of Lechitel each, including those about the Sofia and London Samento Conference. All of them are now regular readers of the newspaper. Two months ago I spoke to my current physician (Dr. Tanchev) – a very talented young doctor. I'm his patient since this year. I gave him the images of my **hiatal abdominal hernia** – of the inside, of the stomach and esophagus, with bleeding foreign growths from more than 3 years ago; and all the tests and the epicrisis after a 1-month treatment in the hospital, which says that I'm being released with no improvement. He looked at me quite astonished and exclaimed, "But you're alive and look well more than 3 years later!" I told him I owed this to Lechitel and most of all its editor. I told him too how after I had been discharged from hospital, I'd ordered half a dozen of your products; and about your letter that I'd found in the parcel, in which you'd been asking for details about my disease so that you could be of maximum use to me. How I'd answered right away and quickly received a whole page of instructions from you – what to take and how to take it, and that I'd rather come to Sofia. How Prof. Braykov had recommended immediate surgery but I had refused and you had received me even though it had not been your reception day; and how you had written for me another schedule and instructions because I explicitly refused to submit myself to the complicated surgery and told you I counted on your treatment only. **After a 10-month treatment I'd traveled to Sofia again. I'd had complete blood tests made and they had showed I was in norm already.**

Of course, I told my doctor everything in much bigger detail – including the names of the so-called (belittlingly in my opinion) “food supplements”, because they are purely natural products and treat a thousand times better than chemical drugs. After I finished my (in my view) convincing story, the doctor told me, “I thought I was keeping up with all the novelties in medicine, but now I can see there was something new to learn”. And he asked me to bring him a few issues of Lechitel. I gave him all the numbers from the year 2001. He recently called to inform me that he’d read them all and had remained very satisfied. He also told me that he had arranged with a newsagent to receive every issue of Lechitel. I visited his office a couple of days ago and asked him what he thought about the idea that the Health Insurance Fund should cover the cost of Samento. He said it would be very good and that he hoped this would happen – in the near future, if not today.

I wish you a lot of success in your brave efforts to import lifesaving natural products. History shows that every useful novelty in science is not readily accepted, but sooner or later that would have to happen. I’m sure that in the future the health of mankind will be assured by these natural, ecologically clean food supplements, which will probably be given a better name.

Mitka Arnaudova, Haskovo

### I Regained My Vitality And Optimism

I’ve been a pensioner for 10 years. My basic ailments are **hypertension, ischemic heart disease and rheumatoid arthritis**.

This spring I felt a sharp pain in my right arm on account of overstrain. I couldn’t move or lift it – it was very painful. Then I read about **Samento** in Lechitel and decided to put my trust in it. I bought 1 bottle of 200 mg (super strong). I started with 1 capsule in the morning on an empty stomach with 200 ml of mineral water or **Rooibos tea**. The pain subsided gradually. I bought one more bottle. In 60 days the strong pain faded away. And **not just the pain in the shoulder and arm, but also**

**the headache I was suffering from. I felt a surge of strength and optimism. Samento is a wonder herb.**

Thank you from all my heart!

Lidia Mareva, Plovdiv

### You Earn The Trust Of All Bulgaria

I turn to you with a thousand thanks. You earn not just my trust, but the trust of all the readers of Lechitel from all Bulgaria. I’m a regular reader and subscriber to your newspaper. I use **Samento** with **Rooibos tea** and I can tell you that I now feel excellent. I suffer from **Graves disease, arthritis and discopathy**. And most of all **I can’t believe that besides these diseases, Samento helped me get rid of a very troublesome gynecological problem**. I had been suffering from a strong gynecological inflammation for a long time. **I had difficulty urinating; I even had accidents from time to time and that troubled me a lot. Thanks to your magic Samento and the Rooibos tea this problem has ceased to exist**. I’m 55 years old and soon to be retired. I attend the Pensioner’s Club in our village. There we read every page of Lechitel. All club members express their admiration for the amazing information you provide. A group of pensioners decided to take advantage of the discount coupons and ordered Samento and Rooibos from the Lechitel drugstores. We discuss among ourselves the complaints that have faded away.

Tinka Doncheva, Voditza village, Turgovishte district

### A True Tale Of Petyo And Vanya

My little neighbor Petyo Markov was coughing very badly, deeply and with terrible wheezes. He had a fever of 37.5 - 38.2 - 39.0°C. He always has a ball in his hands, he likes to play football very much and he’s wet all the time. He used to vomit a lot.

He was put a flu shot but things still weren’t going well.

Last year he developed **pneumonia**, and this year he was once again hospitalized. Antibiotics, injections that made him cry a lot, X-ray photographs...

Just 2 weeks after he was released from hospital, a new diagnosis came – **bronchitis**. Petyo's mother, Teodora, didn't panic but turned to Lechitel for help. She's been following closely the novelties published in it. Petyo's grandmother is a subscriber to the newspaper.

**After taking a dozen capsules of Samento 120 mg, the child has recovered. The terrible cough and the fever are gone.** There are no more dreadful "aunties with big injections", and no more wheezes.

Petyo's sister, Vanya, takes **Samento** too. Both children like the Rooibos tea a lot. They drink it with a straw, it's very tasty.

Currently Petyo and Vanya are taking 1 Samento capsule daily for prevention. Petyo is now 3 years old and attends kindergarten. So does his sister Vanya, who is 5. Every morning, after waking up, she shouts, "Mammy, give me my vitamin" - meaning Samento. She likes it very much and hopes it will help her. She's been born with dislocation and she suffers a lot. One of her legs has been operated twice; the other one will soon be operated too. She believes Samento will fix everything.

Lalka Lazarova, Karlovo

### **My Son's Lucky Star**

Hello, Healer! I turn to you with all my respect as to a spiritual teacher, guide and health advisor. Thanks from all my heart that amid our frenetic daily grind you made me find some time for striking a balance and chasing away the disease from my home with your help.

Here's my story. **I'm a medical worker**, married with 2 children – 15 and 5 years old. The smaller one was born with **anomaly of the right arm**. After a **heavy operation** he became aggressive and restive; his sleep grew interrupted and very superficial; and he frequently developed respiratory viral

diseases and even laryngospasms, abdominal pains and weakness. We consulted many doctors but no one was able to put an exact diagnosis and, most importantly, **none of the treatments had a lasting effect. The kid was already nearing 5 and he still awoke a dozen times a night crying on account of nightmares.**

I decided to turn to alternative medicine. I started giving him daily 1 capsule of Samento 120 mg and Rooibos tea. 20 days later I increased the dosage to half a capsule of Samento 600 mg with Rooibos - and thus for the last 4 months, with the hope that it will strengthen the immune system and we'll manage to overcome the frequent illnesses.

This turned out to be my son's "lucky shooting star". **The laryngospasms and morning abdominal pains disappeared. His sleep calmed down and the colds stopped.** He's now been going to the kindergarten for a whole month without missing a single day because of illness.

I was sure there would be improvement but I hadn't dared to hope for the perfect outcome. And now it's a fact. I thank you from all my heart and warmly recommend to all kids and grown-ups the food supplement Samento and the Rooibos tea, because these healing products will give them strong health, safety and a long life.

Rositza Chokoeva, Assenovgrad

### **Rooibos And Samento √ Natural Wonders**

I've been buying Lechitel Weekly regularly since the very beginning. I'd been a subscriber too but I don't have faith in the postal services and for that reason I've been buying it every Thursday - and it's a real holiday for everyone at home.

I'm familiar with all the products you import and offer. **I'm amazed by the Rooibos tea and the wonder Samento.** We've been drinking Rooibos for 2 years now and it's the favorite tea of all the family. We all drink 2 or 3 cups every day.

I wash my hair with Rooibos once I week and it became stronger, the dandruff disappeared, and the hair stopped falling and getting oily as before.

I collect the used teabags, dry them and use them as compost for my palm-trees. I empty their contents in the flowerpots and the plants "go wild". There's no compost more environmentally friendly than the Rooibos teabags. Try it and you'll see for yourselves.

I also use the tea for soaking chicken steaks – thus they become more tender and delicious. And I make Rooibos ice cubes, which I use to cool my drinks during the hot days.

**Samento's properties are indisputable and versatile, mostly against the malignant and chronic diseases. It normalizes blood pressure, blood sugar, joint and gastrointestinal complaints.**

I've been observing a certain effect related with its use. I've taken Samento 120 and 600 mg. If one wants to obtain a permanent effect from the treatment, one has to apply a minimal maintenance dosage of 120 mg or one 600mg capsule every 2 to 3 days – without stopping.

**It's high time the Health Insurance Fund paid attention to the people with untreatable and chronic diseases and started providing them with these irreplaceable natural wonders for free.**

Radka Tzvetkova, Lovech

## Every Thursday Is A Holiday In Our Home

In Lechitel I have found people ready to help when one has given up all hope. Thanks to it I have learned about the use from Samento and the Rooibos tea. **After a surgical removal of an ovary tumor I was released from the cancer hospital in Stara Zagora in grave condition.** I was prescribed **chemotherapy**, but there was no visible change. I'm telling you – if all daughters-in-law were like my Detelina, the ailing mothers-in-law would be much less. Every Thursday is a holiday in our home – and a day through which my life is being extended.

On this day Detelina comes back from work carrying Lechitel, sits down by my side and starts reading the newspaper line by line: what's new about Samento, how a professor from the US wishes healers and physicians to start working hand in hand so that there could be less sick people, etc. She also tells me what her co-workers had discussed when reading the newspaper.

In the beginning I started taking 1 capsule of **Samento 600 mg** daily. Detelina scolded me, saying that was not enough for my condition, and told me I should take 3 capsules daily as the newspaper writes. After the first month I decreased the dosage to 2 capsules daily and I've been maintaining it for 3 months now.

A lot of friends, relatives, former colleagues and acquaintances come to me – and I tell everyone about the miracle **Samento** and the **Rooibos** tea. I give them to read the newspapers that I've been collecting for 5 months now, and they start buying them themselves after having discovered **Samento's** healing properties.

I'd like to share with you a few cases. My nephew came to visit me from Pleven with his 4-year-old daughter. The child had obviously caught a strong cold and was coughing a lot. My daughter-in-law divided **one Samento capsule in 10 parts. After taking from it for the third time with Rooibos, the cold and cough completely disappeared.** My niece called as well to let me know she had healed her cold with **Samento** and that from then on she would recommend it to her friends.

One of my favorite students came to see me from Bourgas together with his wife. They both lead a very natural way of life since they suffer from chronic diseases. After I gave them to read about **Samento**, they were very pleasantly surprised and from the next day on they started taking it and recommending it to their friends.

My husband's relatives from Veliko Turnovo, my son and daughter-in-law's friends from Kazanluk and all the other people who come to see me almost every day, have discovered through Lechitel the use from **Samento**. I'm happy I've managed to help so many people.



I'd like to thank as well my daughter-in-law. For the first time now in 20 years I couldn't buy her a gift for Woman's Day. But she told me, "Your gift, mother, will be your recovery!" And I'm sure this will happen – thanks to **Samento**.

To all the team of Lechitel and to all the people who are ill like me, I wish a more perfect life, rich in health and wise and fair thoughts.

Mariyka Mihaleva, Tvurditza

### **Samento Is Truly A Miracle!**

I've been a subscriber to the newspaper from the start. It is our family's medical adviser.

I express my most heartfelt gratitude to all the staff of Lechitel. **Samento** is truly a miracle! I believe in everything you write about its medicinal properties and perhaps my family was one of the first to experience its healing power.

**My husband started urinating very often and even sometimes involuntarily.** He hasn't done any tests because he hates going to the doctor but he obviously had **prostate** problems. Without hesitating, I convinced my son to buy from Sofia **Samento 600 mg** for his father and 120 mg for me, because at the time there was still no Lechitel drugstore in our hometown Pleven.

The first week my husband was taking 2 capsules daily – in the morning and evening – before meals with **Rooibos tea**, and after that he started taking only 1 capsule in the morning. **The results were excellent, his condition normalized completely.** In about a month we repeated the treatment with the 1-capsule-in-the-morning dosage. The problem is now forgotten.

**I myself got rid of the sinusitis and the chronic ovary inflammation that I had been suffering from for many years, just with the help of Samento 120 mg.** I'm now treating successfully the pain in my heels, also with smaller doses of **Samento**.

**My son had caught a heavy form of influenza and**

**recovered only thanks to Samento, after he had spent quite a lot of money for antibiotics.**

Elena Ilieva, Iskar

### **Lifesaving, Wonder-Working, Divine!...**

This happened in the early summer of 2002. My aunt, who is 77, had an acute kidney crisis and was urgently hospitalized with a **severe viral infection**. Her health condition had declined and matters were being further complicated by the fact that she **only has one kidney**. She was treated with 2 kinds of antibiotics and a third one – more potent - was to be included.

And so her fight for life continued for almost 20 days. I was called to the hospital urgently as she had wished to see me for one last time. But the lifesaving, wonder-working or, as many people already call it, divine Samento came to the rescue once again! For nearly a week my aunt was taking two 600mg capsules daily and drinking 1 or 2 cups of Rooibos. And the miracle happened! **She started eating and even wished to go out for a little walk after she had been bedridden for days. And so, 5 months later she's still alive and enjoying good health.** She started buying Lechitel and keeps using its wonderful products. **My joy is great because Samento has helped me and it helps my relatives, all people in need, the young children and the elderly, as well as the seriously ill.**

My friends, who are well advanced in years, were frequently suffering from flu and the resulting complications, and had difficulty walking. That's why I recommended them to take 1 or 2 capsules of Samento 600 mg and drink Rooibos tea. I was not expecting God knows what results because their age was over 80, but how surprised I was to see those old, tormented people gone and replaced with lively folks greeting me with smiles and gratitude. That's why I claim that **Samento is not only lifesaving, wonder-working and restoring the strength of the sick and elderly, but it is also the herb**

**that brings people back to life.**

I thank God every day for giving us someone like you, Mr. Tzonkov, and bow before your socially useful and most humane mission to grant people health!

Violeta Vulkova, Zlatitza

### **On The Fourth Day Things Took A Turn For The Better**

**I'm a nurse by profession** and I have retired 17 years ago. I've used many of the products you offer and they have brought me relief.

After I read about Samento and the results from its use in February, I bought from the 120mg capsules right away. **I had been suffering from strong pain in the back, joints and stomach, and decided to try.** I took 1 capsule in the morning and evening for 5 days before meals with a cup of Rooibos. **As early as the fourth morning, when I got up from bed, I felt a surge of strength.** I managed to get up and put on my shoes without anyone's help. That was a great happiness to me. From the next day on I started taking only 1 capsule every morning.

The second bottle I bought was from 600 mg. Since I had read that the capsules could be opened, I divided each one into 3 parts and took 200 mg every morning. All my pains disappeared. But Samento helped me to combat many other diseases as well. **My longstanding sinusitis faded away. Every time after washing my hair, my scalp used to cover with pimples, which was extremely unpleasant. On the third month there was no trace left of them. I was amazed because I had tried to treat them fruitlessly with all kind of medicines and ointments - and Samento eliminated them.**

I have undergone 2 cancer operations – **right nephrectomy after being diagnosed with glandular carcinoma in 1965 and hysterectomy with the same diagno-**

**sis in 1982.** The past 3 months, during which I have continued taking Samento, have brought me back my self-confidence.

All my relatives and friends, to whom I had been reading about Samento from the newspaper, were ready to try it. And the 3 or 4 of them who did it were happy to feel stronger and healthier. We are all over 70 and this is a miracle for us. We thank you from all our heart for being there for us and helping people in need. We wish you health and wellbeing.

Lidia Vassileva, Bourgas

### **The Herb Helped Me Against A Bunch Of Diseases**

A lot of time had to pass before I ventured to write you this letter, for I am sure I shall not be able to tell you everything about my pains and sufferings, or manage to express my gratitude to you for importing these wonderful products in Bulgaria. They brought me back my faith in life - and in the saying that **there's an herb for every pain.**

I don't know where to start from, for my pains are many. I'm 39 years old. In 1989 I was diagnosed with **adenomatous goiter (struma nodosa)**. After passing through numerous doctors, clinics, tests and drugs, in 1997 my diagnosis "turned to" **thyrotoxicosis** – to be finally told by the doctors that there was no illness, just a "stress disease".

The following year I experienced the first seizure at home and was **diagnosed with Epi.** I was treated with Lamictal, which was very expensive, but to no avail. I was made an EEG and head scan. The neurologist said I had a strong neurosis and I was given tranquillizers – one chemical after another.

I've been having stomach problems since 1999 – **gastritis and colitis.** I can't eat, I vomit. I've had a gastroscopy, which is very frightful and I'll never, ever repeat it in my lifetime. It showed gastritis.

I also suffer from a **strong headache, sinusitis and**

**tonsillitis.** I have a **gynecological inflammation**, for which they prescribe me nothing except for an antibiotic, and **the pain is constant.**

I think I need to be tested and examined from head to toe by good specialists. And I wish this to be done **at the "Lechitel" Health Center.**

After all my painstaking efforts and waste of time, nerves and money, upset and disappointed, I gathered and dumped all the medicines I had been prescribed. When **Samento** 600 mg appeared, I decided that it was my last hope. From the beginning of May I have been taking 1 capsule every morning with **Rooibos tea** sweetened with honey. I cannot describe how much I'm changed. I only get headaches now and then because of the sinusitis and the tonsils. Otherwise I don't take any analgesics. The stomach bloating and colitis almost disappeared. I feel more relaxed. But I'm most happy that the herb has helped improve my state of mind. I'm now a different person. I fall asleep easily and sleep calmly, without the former nightmares; my drowsiness has vanished and so has the **hypertension.** I tell my relatives and friends about the effect from Samento.

Margarita Markova, Blagoevgrad

### **Samento Saved My Best Friend!...**

Hello Mr. Tzonkov,

Thank you very much for your reply. I've done as you advised me and thanks to **Samento** my pet is alive and improving. That might sound funny to a lot of people but the miracle works for animals as well. You may publish this because Samento saved my best friend. Thank you from all my heart. **The dog (a Dalmatian) had ulcer – proven by tests, and he got a massive hemorrhage. He couldn't walk at all. After the second capsule of Samento he looked as if he wasn't ill.** I'm aware ulcers are not easily treated, but the dog visibly improved.

And now about my son. He's 2 years old and **he had a**

**third tonsil. He HAD. He took Samento for 5 days and there's no trace left of the problem now.** I was giving him half a capsule daily, dissolved in hot chocolate. And the child recovered. The only thing I noticed was that he seemed a bit overexcited. This energy given by Samento was a little bit too much for his age and size. And if, God forbid, he needs to take Samento again, I'll give him 1 capsule every 3 days. I wish to emphasize that he'd been having this third tonsil for a year.

And the latest case. Yesterday (March 24) **my husband came home after work with chills and fever– typical symptoms of the flu. He went to bed at 5 pm, feeling very sick. I gave him 1 capsule of Samento and 2 Acerola tablets, and by 8 pm he got up without any signs of illness.**

I wish from all my heart to ALL the suffering people to try the MIRACLE SAMENTO and get rid of the pains. They should know that Samento HELPS ALL LIVING CREATURES. I lack the words to express my gratitude to you. Thanks to you I fear nothing.

Mariela Mircheva, Assenovgrad

### **I Expelled The Renal Calculi**

Dear people from Lechitel, **Samento is truly the medicine of the 21<sup>st</sup> century!** And the Rooibos tea is simply superb.

I've been a regular subscriber to the newspaper for 8 years – it is both my companion and doctor.

Since I have a **grave disease – uratic calculi in both kidneys**, which make urinating very difficult, I decided to use the discount coupon for **Samento 600 mg** from the Lechitel newspaper and I bought one bottle from the drugstore in Blagoevgrad. I started taking 1 capsule daily – on an empty stomach with Rooibos tea. On the fifth day I got a mild kidney crisis and **expelled** a spoonful of **calculi and gravel. And my sleep improved considerably.**

A year ago I had **high cholesterol**, which I managed to normalize with an herbal product I read about in Lechitel – Hercampuri. I've used other products that I've read about in the newspaper too.

I wish that you continued being here for long and helping people the way you've helped me. Thank you!

Slavka Hristova, Simitly

## The Terrible Hair Loss Stopped

This February I had to be away from home for 13 days. And I decided: I should leave my true friend Lechitel Weekly and a bottle of **Samento 600 mg** to protect and keep company of my 80-year-old mother. When I returned, I was very pleasantly surprised to find that the terrible hair loss she used to suffer from **had stopped** and the **big node on the thyroid gland had significantly shrunk in size**. And all that – thanks to Samento.

Lalka Lazarova, Karlovo

## I Can Do Without Anything Else But Samento

I'm one of the thousands of people who have recovered thanks to the healing products of Lechitel – I'm 79 years old. Three years ago I **had two heart attacks**; and **I suffer from diabetes** and other conditions, but with the help of the natural products that I have been taking and most of all of the divine Samento and the Rooibos and Honeybush teas that I've been drinking all the time, I'm feeling well.

I give discount coupons from the paper to my friends and relatives as well and they have all decided to subscribe to Lechitel. I had stopped the Samento for a while but I realized that I felt good with it and I decided to resume its use, although I'm not so well off – I can do without anything else but Samento.

My granddaughter went to the seaside and she took with herself one box of Rooibos and Honeybush each, and one

bottle of Samento. She got stomach pains and diarrhea there – perhaps from the water. She did a full thermos of tea every day and started drinking it with 1 capsule of Samento – and **she got well in 2 days**.

Meanwhile mothers with small children were complaining of the same problems. My granddaughter gave them from the tea and 2 x 2 Samento capsules, telling them to give their children half a capsule in the morning and evening. On the next day they were all feeling well and they wrote down the name of this cure. Then they went to the Lechitel drugstore in Varna, where they bought Samento, Rooibos tea and from all the Spanish biscuits that my good-hearted granddaughter had offered them. They asked her where she'd learned about this magic remedy and she explained: from the newspaper to which her grandmother is subscribed.

Thanks to Lechitel and its wonderful products I'm alive and well, and I'll turn 80 next year. Thank you!

\* \* \*

## I Overcame Spring Fatigue

I was saved from the spring fatigue by **Samento** and **Selesan**. I was so weak that I barely moved. I was taking **Samento** only for prevention – 1 600mg capsule every other day, and 3 cups of **Rooibos** or **Honeybush** daily with honey. But I was feeling very tired. My relatives were saying, "It's your age. You're already 80 and you still want to jump". But I immediately started taking **3 capsules of Samento daily**. My son bought Selesan and I began to take it – and by the third day I was already feeling well.

\* \* \*

## I Endured The Operation

I had to undergo an operation, which the doctors-cardiologists had been delaying for a long time for fear of complica-

tions due to my 3 heart attacks. But I decided to undertake the surgery, relying on the **divine Samento**. So I went to the hospital to have the growth on my neck by the left ear removed – it had reached the size of a hen’s egg and started bothering me.

Now 2 months have passed since the surgery and, thank God, I’m doing well. In the meantime I have been taking **Samento** with **Rooibos tea, Vitamax tonic** and more of the superb products of Lechitel – the savior of all my family, my relatives and friends.

\* \* \*

### **My Daughter-In-Law Became Convinced It’s A Miracle**

This time I’d like to offer thanks on behalf of my daughter-in-law, who too became convinced of the **power of Samento**. We always keep at home one bottle of 120 and another of 600 mg. Last week I went to the mountains and upon my return **my granddaughter got a fever**. Her parents took her to the doctor and he diagnosed **angina**. She was prescribed antibiotics but the fever persisted.

I went to see her. She was burning. I took out Samento 600 mg from my handbag and since she’s 5 years old, we started giving her half a capsule 3 times a day with tea and honey. **On the second day the fever subsided and the child got up from bed and started playing.**

Thus my daughter-in-law became convinced that Samento is really a miracle and she thanked me and all the staff of Lechitel.

\* \* \*

### **Cosmic Power**

I’d like to share with you how the divine **Samento** helped me once again, restoring my health in less than a week. Just before New Year’s Eve **I fell and sprained my ankle**. It

swelled, I was in terrible pain and couldn’t step. I was given analgesics but the pains continued and the swelling persisted. Then I decided to take 3 x 3 capsules of Samento 600 mg with Rooibos on this very day. I started applying to the ankle poultices with loose Rooibos (2 teaspoons in 500 ml boiling water). On the third day I was already walking without pain and the swelling subsided.

The divine Samento helped me once again with its cosmic power, as it helps to all the people who suffer and brings back the joy in many homes throughout Bulgaria. Thank you!

\* \* \*

### **You Bring Back The Strength To Elderly And Sick**

The magical Samento rid my sister of the frightful dark tunnel in which she had sunk. She’s 69 (11 years younger than me), lives in the countryside and treats herself with whatever she’s told. It all started with **pains in her legs and then her waist until she became unable to move**. I went to see her and she asked me what cure I used for my diseases. I told her about the treatment – not only mine but of all the family – and how the **cosmic power of Samento** had saved me. I also told her about the other terrific products of Lechitel, thanks to which we are alive and well. I told her too about the magical Rooibos tea, which we use every day at home and even cook with it.

My sister started taking at once **Samento 600 mg** – in the morning and evening with Rooibos, which she sweetened with honey. **In a week she started getting up and in another week the pain in her waist disappeared**. All the neighbors wonder how she has managed to recover so quickly.

Now her husband began to take Samento too because they saw for themselves that it **cures and brings back the strength to the elderly and sick**.

May all the marvelous staff of Lechitel be alive and well!

God protect you!

Karamfilka Atanassova, Plovdiv

**January 2002**

### **I Live Owing To Samento**

My diagnosis is **osteosarcoma**. In April 2001 I completed a heavy 10-month chemotherapy course. During that period I learned about Cat's Claw and started taking it after consulting Lechitel. After the launch of Samento I began to take it daily. Since I had a 60% tumor necrosis after the cancer surgery, the chemotherapy drugs were replaced with even harsher ones. I'd like to mention that the whole time I had managed to maintain my blood indices at an appropriate level for continuing the chemotherapy without interruption. **I give the greatest credit to Samento, for I believe that thanks to it I'm still alive.**

After ceasing chemotherapy in late April, I developed very severe aplasia that threatened my life. My blood indices were falling down for days and the doctors couldn't raise them with anything. The blood platelets reached 4, the leukocytes – 0.2; and I developed a terrible infection. I believe with all my heart that Samento, as I've read in the newspaper, has maintained my blood indices, low as they were, at a level on which my life depended.

Now 14 months have passed from the surgery and regardless of the 60% tumor necrosis I still have neither metastases nor relapses. I continue taking Samento 600 mg.

I feel sorry that not everybody can afford Samento and be treated with it. And I regret that oncologists here in Bulgaria do not believe in the abilities of herbs but I have faith that after a time a miracle will happen and even they will start prescribing Samento to patients.

\* \* \*

**April 2002**

### **You Make The Dreams Of Thousands Of People Come True**

I received a letter from you, in which you were asking me to send my test results. I sent copies of my latest tests – except the X-ray photographs, which, I assure you, are excellent.

I'm so delighted there are people like you who pay attention to the pains of others. **I'm happy that 17 months after such a heavy surgery I'm feeling fine, moving without a problem and living a completely normal life.** I'll appreciate if you can find sometime a little space in the paper to give information about the postoperative period, the 5-year time during which the disease could recur, the consequences after such a treatment, whether one can have a normal family and children, and some other questions to which you know the answers and which concern not only me but other people too - especially the younger patients. I'm glad that you are here and make the dreams of thousands of good people come true. I wish everybody in Lechitel plenty of health, happiness and success!

Antoaneta Miteva, 22, Dimitrovgrad

### **This Is The Discovery Of The Century**

As regular readers of Lechitel Weekly and ones who have achieved the desired and unique results from the use of Samento, we cannot help thanking the editor Atanas Tzonkov - director of Lechitel, which is the only importer of Samento in our country. With his thorough and concerned advices, driven only by vocation for helping people, he manages to rid them of the suffering. Mr. Tzonkov doesn't count the minutes that a conversation lasts, he doesn't look at the clock (as doctors usually do) and doesn't even bring up the matter of paying for the time he has spared for the patient - on the contrary, one leaves his study as if elated by his advice and full of hope that things would happen exactly the way he has said.

Yes, his advice becomes reality.

Thanks to him my father was able to reverse his treatment and start decreasing the dosage of the cortisone that he'd been taking for 5 years after he was diagnosed with **fibromyalgia**.

From May 24 2001 my father started taking Samento – 2 x 1 capsules of 600 mg daily.

When he had tried to decrease the methylprednisolone before, his SR always accelerated and reached high values: 65-69 mm. Then he reverted to the usual dosage of 4 mg and his SR dropped to 36 mm. And though he was taking the cortisone without a break, his SR had never fallen below 36 mm in these 5 years.

And now a miracle has happened! In just 1 month, decreasing the cortisone to half a tablet and taking 2 x 1 capsule daily of Samento 600 mg, **his SR has dropped to 10 mm and he's got no pain**. After the first month he changed the dosage to 1 capsule of Samento 600 mg every morning before breakfast. **After the second month he had another full blood count test and his SR - to our surprise, and I believe to the surprise of all the readers and the medicine itself - is already 5 mm**. This is a miracle! Yes, really a miracle! I already mentioned that he's never had such a sedimentation rate in all these 5 years – having decreased the cortisone dosage at that. **The pain in the muscles is gone**. And it's not just that. **Samento helped him overcome the stress he'd been suffering from after my mother's death. And it restored his appetite that he had almost lost**.

My father also suffers from **chronic nephrolithiasis** and periodically expels small stones (every 2 years). He's been taking Cystone along with the Samento. He had an isotopic test of the kidneys. **Both kidneys function normally, while formerly the right one was hypofunctional** and couldn't reach the third phase – and now it reaches it in 8 minutes. **His prostate has ceased to increase in size**.

His general condition is good and he has more vital strength owing to the regular use of SAMENTO. We really bow before this wonder herb. This is the discovery of the century!

Vanya Stoyanova, Sofia

## An Achievement Of Medicine

Since February, after the reports in your newspaper about the miraculous action of Samento, my family subscribed to Lechitel and we've been following with interest all publications on this matter.

We started treating my wife, who suffers from **chronic colitis with persistent constipation**. Besides she had underwent a surgery because of **discal hernia** 30 years ago. As a consequence she got pronounced spondylarthritic changes in the lumbosacral region of the spine and both hip joints. **From the very first weeks since she started taking Samento both the colitis and arthrosis were relieved**.

As a doctor I take an interest in this achievement of medicine at the turn of the new century.

Dr. Ivan Mladenov, Plovdiv

## This Herb Is Amazing!

My father is 58 and lives in a small village near Rousse. In the winter he was diagnosed with **colon tumor** and underwent a surgical intervention in Rousse. According to the surgeon his condition was critical – he even rejected the need for chemotherapy, claiming that he only had a few months left to live.

Very soon after that your first articles about Samento appeared. We bought it at once and my father started taking it. After the surgery he was feeling bad, lost weight considerably and was gradually overcome by desperation. But as early as the fourth or fifth day since he had started taking the herb, he felt more relaxed and livelier. He believed in it! At the follow-up after the surgery he was recommended chemotherapy courses. Every month he made by himself the return trip to Rousse, a full 100 km! In October this year he had a CAT scan done. The doctors told him the disease had made no progress. During all that time he had kept taking **Samento**. He even took it 3 times a day when we could afford it. And he drinks Rooibos tea as well. He

was not aware of the terrible prognoses, but we, his relatives - my mother, my sister, his grandchildren and I – went through very hard days. We had to inspire him with courage and faith. And I believe we have succeeded with the priceless help of Samento.

We recommended Samento to our friends in Greece as well. They are amazed! They apply it for treating a man with a **spine tumor**. We regularly mail it to them because they don't have it in Thessalonica.

Thanks to you and Samento we are looking forward to a future together with our father.

Shirin I., Rouse

### **My Son Lives A Second Life**

My son Branimir lives a second life. He's only 22, but it happened so that he developed testicular cancer in a highly malignant form. He underwent surgery and started chemotherapy, which was prescribed by an oncologist. He had three infusions and felt very bad. Instead of improvement it turned out he had multiple metastases in the lungs.

He underwent treatment – mainly with **Samento** and other natural products. 5 months later the scan showed no metastases, either in the lungs or somewhere else.

My son recovered! A heavy period of his life was over. He put on weight and he now leads a normal life.

Anna Shinova, Kyustendil

### **The Tumor Awaiting Operation Disappeared**

I have been looking for words strong enough to express my enormous acknowledgement for you in person, Mr. Tzonkov, as well as for your entire staff - but I simply couldn't find them. Everything pales before what you've done for me and all the other people you're helping. You are changing the life of the ailing by saving them from the pains and suffering.

I've done everything that you prescribed me. I have

taken Samento and the other food supplements for 40 days. **The first 3 days I felt no change but on the fourth day I woke up in the morning as if I had never been so seriously ill.**

For the first time since January 4 2001 I got up and started helping with the house chores. With every passing day my condition was improving. And thus for a month and a half with the confidence that I had recovered, even though I knew it was impossible to happen in such a short time, bearing in mind my diagnosis.

I don't use the Pilocarpine drops anymore because I don't need them.

To the right of the salivary gland I had a **growth** that was increasing in size and I was planning to go to Sofia for surgery (for 2 years ago I had the same growth to the left of the gland and had it surgically removed), but to my joy and my entire family's surprise **on the 7<sup>th</sup> or 8<sup>th</sup> day since I started taking the Samento the growth began to shrink and in a few days disappeared – simply melted away.**

In the last 10 years I've been falling ill at one and the same time – April 5-7, June and October. But **this June I didn't get sick. This is a big miracle for me.**

I didn't send the letter immediately after stopping the Samento. I wanted to wait and see for how long I would continue feeling well. And so, on May 10 I stopped its use and until May 19 I felt excellent – lively, with no pain and high-spirited – but on that day the pains came back and, worst of all, I felt some kind of emptiness in the pit of the stomach – as if the air couldn't get to it – and I felt like choking. Then my husband and I decided buying Samento 600 mg. I started taking 2 capsules daily in order to have enough for 15 days. What can I do, our pensions are so insufficient... I took the first one at 11:30 am and by 4 pm I felt very, very well. And I continue feeling well. I have the feeling that if I can afford to take Samento for 3 months, I'll recover completely.

May you be healthy and always as responsive to the pain of the suffering!

Temenuzhka Alexandrova, Sandansky



## The Medicine Of The 21<sup>st</sup> Century!

I'm a nurse taking care of her 91-year-old mother who had caught a cold in the winter. She had very **strong pains throughout her body**, especially in the left side and leg; **sciatic nerve inflammation and fibromyalgia**. Her pains were not relieved by the Alkozoin tablets, but only by injections.

Right then Lechitel started publishing articles about Samento (February 2001). After the second publication I was amazed by the actions that were listed in it: potent immunostimulating, antioxidant, anti-inflammatory, etc. I told to myself, "only this herb can put an end to my mother's pains". I put down the newspaper and literally rushed to the Lechitel drugstore on 3 Dragoman Street. At the time it offered Samento 40 mg and 200 mg, but for financial reasons I bought from the common, TOA-containing Cat's Claw 500 mg. However, after I learned that it was 10 times less potent than the TOA-free, I increased the dosage to 3 500mg capsules daily. **In 3 to 4 days my mother's pains subsided and completely disappeared**. She didn't need to take a single capsule from the prescribed morphine-like analgesics – Mabron.

After the first bottle (3 x 500 mg with TOA), I started giving her 3 x 200 mg, TOA-free this time. This way I treated my mother for 2 months, after which I stopped for lack of funds. In June I decided to take advantage of the offered discount and purchased Samento 120 mg, this time for myself - for prevention, because I'm a pensioner too. But I started giving it to my mother again – in the morning before breakfast. **She had hypoproteinemic edemas on the legs. After several days on Samento the edemas disappeared**. I had forgotten for a moment that she was taking the Samento and wondered what had brought about their disappearance. Thus I sustain my mother despite her age because her internal organs are healthy (she was tested in relation with anemia). She's thin and tough – she has given birth to and raised five girls.

From that moment on I became, as my son jokes, an advertising agent for Samento. Last summer a friend of my

mother's (80 years old) **had colon tumor surgery**. The epicri-sis indicated **metastases in the liver (relatively small) and one of the kidneys**. Aware of her diagnosis, the patient was bedridden, desperate, vomited, feared eating and refused any food. I gave her all the issues of Lechitel and a number of books on nutritional therapy. Under my influence she **started taking Samento** at once. Because of her serious diagnosis we consulted the newspaper on the dosage and so, **after 3 months of treatment, the patient rose to her feet**. She no longer needed someone to assist her and she started walking 100-200 m to visit the neighbors and to do her shopping. She even planted seedlings for her son and daughter-in-law. Every Saturday she goes to the vineyard with her family – to spend some time in the open air. **That's how this woman extended her life with Samento**.

Under my influence my first cousin, suffering from **mammary gland cancer** that has relapsed this year, started taking Samento 600 mg. **She's a health worker too** but says that if one feels some sort of malaise: **sore throat, cough, fever, etc., with taking 1 capsule everything would pass**.

My neighbor – a pensioner too, suffering from **diabetes and anemia**, takes Samento 120 mg and feels a surge of strength.

My other neighbor, with bilateral coxarthrosis and intense pain in the knee joints, takes 1 capsule of Samento 600 mg daily.

My sister, 54 years old and suffering from joint pains, takes Samento 600 mg.

I'm convinced in the benefits of all your products and especially the Rooibos tea combined with Samento, but they are simply not affordable for us, the retired. Still I think this way: instead of consuming one soft drink and ice cream, not to mention cigarettes or alcohol, one would rather buy Samento 120 mg and take 1 capsule daily for prevention (it amounts to BGN 0.80), and invest in the most precious gift – one's health!

Yanka Micheva, Varna

## Samento Brought My Hope Back

I'm diagnosed with a cerebrospinal form of **MS**. When I began taking Samento following with Mr. Atanas Tzonkov's directions, I discontinued the use of all other medications. My treatment with this herb became possible thanks to the 2 bottles I was offered for free. At present I feel much better than before. I'd like to describe the **changes that occurred after taking Samento**:

1. The pain in my head and eyes disappeared.
  2. The fever was reduced immediately after taking the first capsule. It rose again very rarely and for just a couple of hours, and then dropped back. I've never enjoyed normal body temperature for so long until now (in the last 4 years it's been 37.5-38°C every day).
  3. I became more lively and energetic. I'm not as sleepy as before when I was feeling a constant desire to sleep and fell asleep whenever I went to bed.
  4. I started walking upright, without bending my knees and waist. I don't lean with my hands against the walls so often anymore.
  5. I'm able to do much more work at home without getting tired and stopping to rest as often as before.
  6. I feel my feet more stable and strong rather than tired and heavy.
  7. Formerly I used to feel creeps and shivers all over my body and now they're gone.
- That's what happened to me and brought my hope back that I could be healed thanks to you and Samento.

Tzvetanka Ivanova, Pleven

## Patient With MS improved

I suffer from a chronic disease – **multiple sclerosis**. In December 2000 I was included in the group receiving treatment with Betaferon. The drug is injected subcutaneously at 48-hour intervals. The treatment has unpleasant side effects: after each

injection the body is seized by a strong fever, the temperature can rise to 39°C and the patient is unable to raise himself from bed. To neutralize this effect, the doctors recommend taking 2 tablets of Paracetamol after each injection and giving oneself enough time to rest. To be sure, all patients who have submitted themselves to the treatment cherish great hopes and are ready to "bear these pains". Aren't we always trying to choose the lesser evil...?

I read about the herbal product Samento and its beneficial action in flu-like conditions in Lechitel Weekly. And I decided to give it a try. I started replacing the Paracetamol, which is known to have a bad impact on the liver, with **3 capsules of Samento 200 mg daily. Not only did the fever subside and the body temperature stop rising but my whole body enjoyed increased vitality, and I didn't feel so feeble after the injections anymore.**

In a nutshell, the practice confirmed the motto "There's an herb for every pain". And all the readers are grateful to Lechitel for the valuable information it provides us with.

Jenny Bozhilova, Sofia

## Livelier In Spite Of The Colon Cancer

On September 19<sup>th</sup> 2001 our father (age 49) underwent an operation and the diagnosis proved frightful – **colon cancer**. The doctors are categorical – **the chances for survival are not big**. Crushed by pain and terror, we refused to believe that this is true. But day after day our father was losing his vital potential in front of our eyes. He was bedridden for long periods of time and completely lost his appetite. We asked ourselves with anxiety and pain if there was something we could do. We felt powerless. A relative of ours advised us to try with **Samento**. It was her who gave us the first nine capsules and after that the whole bottle with which we continue the treatment up to now. We don't know whether to believe, but **on the third day our father began to recover his appetite. He became**

**somehow livelier and leaves the bed for a longer time...**  
Assen and Cyril Gueorguievi, Veliko Turnovo

### **Positive Effect Even In Brain Cancer**

Since you recommended to our relative, diagnosed with **astrocytoma, to take Samento 600 mg – 3 x 1 capsules daily, and Ubigold 30 mg – 3 x 1 tablets**, she's been observing your instructions for 7 days now.

**There's a visible change, a visible improvement. Her sleep became calm. She restored her appetite and doesn't vomit anymore. The headache is gone.** Perhaps the most important sign of improvement is that **she has recovered the sensitiveness in her left arm and leg.**

Dora H., Kazanluk

### **The Miracle Happened!**

After I wrote a letter to Lechitel Weekly and received Samento 600 mg, I started taking 1 capsule daily for 2 months and the miracle happened! I've been suffering from hypertension for 22 years. I've tried all sorts of medicines and methods with no effect. Two weeks after taking the first capsule of Samento, I started feeling the results. My blood pressure now is 140/80, which I believe is good for my age – I'm 69 years old.

I'd like to express my deepest gratitude to my favorite newspaper and wish it to continue helping those who suffer from disease and lack of money.

Vassil Hristov, Todorichene village, Lovech district

### **3-Year-Long Sufferings Disappeared**

I lack the words to express my gratitude to you for receiving us for consultation at the Lechitel editorial office without an appointment. My sister was suffering from nausea and

constantly vomited the food in the last 3 years. Besides she had a weak heart and suffered from insomnia. Whatever they prescribed her, there was no effect. The natural products that you offered us after the consultation: **Samento, Gingkomax, Ubigold and Rooibos – helped her a lot. The vomiting stopped, the sleepless nights are gone and her appetite is back.**

Radka Dodova, Nova Zagora

### **We Feel Reborn**

I've been reading Lechitel Weekly regularly since its very start. I'm not a subscriber but my daughter brings it from town every time and I don't miss an issue. After that we get together with the neighbors to discuss it and comment all your natural products.

This winter my husband and I decided to try the miraculous **SAMENTO**. And how surprised we were – we didn't fall sick at all! **The viruses simply skipped us!** We only used one bottle of Samento 600 mg each, taking 1 capsule daily. We are retired and lack great financial means.

And **we felt reborn. The pains in the knees and ankles disappeared completely, the swelling of my finger joints subsided. The complaints resulting from the ulcer and colitis vanished. The hemorrhoids stopped bleeding. My husband's high blood pressure normalized. My blood sugar used to climb to 9.2 and now it dropped to 5.7 – in the norm.**

**We enjoy good health and are reluctant to stop the Rooibos tea and the miracle Samento.**

I cannot describe how grateful I am. **Your products are unique; they give us health and long life, and make our old age more peaceful.**

Petra Nikolova, Batultzi village, Lovech district

## To Me You Are Better Than The Family Doctor

Dear Mr. Tzonkov,

My name is Ismail Mehmet Ayvazlu from Fotinovo vilage, Kurdjaly district – a regular reader of your Lechitel newspaper. Since it covers everything of interest to your readers, I have the right to say that Lechitel is also our newspaper - a newspaper that belongs to all its readers.

I'd like to express my satisfaction with the use of the natural products you offer, **especially Samento and the Rooibos tea**, and their effect for improving people's health – our health. I've been taking Samento since August 2002. I've finished **10 bottles** so far and I continue taking 1 capsule every morning and sometimes in the evening on an empty stomach. Thank God, **I feel very well**. I'll finish the last bottle by the end of this week. I live in a distant place – Kirkovo district – near the border with Greece. I'm a subscriber to Lechitel and read everything published in it. It made me realize how illiterate I'd been with respect to preserving my health. It's already late, but there's a saying: "Better late than never". To me you are better than the family doctor and the personal assistant.

Ismail Mehmet Ayvazlu, Fotinovo village,  
Kurdjaly district

## Samento Helped Me After Two Operations

I'm your reader and fan, 73 years old. In two years I underwent two operations. A neighbor of mine gave me your newspaper and I started taking **Samento 600 mg (3 x 1 capsules daily)** and **Rooibos tea**.

I was released from hospital with **blood pressure 90/60. After taking Samento and Rooibos for 10 days, it became 120/70**. I started walking all over the room. The yellow shade of my skin faded significantly. I discontinued the use of Samento for a few days and my blood pressure fell to 100/60. Now I take it regularly.

The surgeon told me that Samento wasn't going to cure me but I feel **a lot livelier** when taking it.

I wish you to work for a long time still in order to help people. May you be alive and well!

Diana Koleva, Turgovishte

## The Real Sources Of Our Healing

Mr. Tzonkov, thank you for the letter I received from you. I hesitated for a long time because our village is small, everybody knows my husband and whoever hears of this disease is waiting for him to die.

On September 12, 2000 he was hospitalized in Plovdiv after an accident involving his hand – his fingers were amputated. He had already recovered and we decided to make some tests because **my husband was having pains – edema in the region of the liver** – for quite a while. He used to smoke a good deal when he was young, but gave up 20 years ago. He had a few drinks like every man from time to time. Now he underwent all sorts of tests, the biopsy being the last one. The diagnosis: **carcinoma hepatis**.

That was a big blow to all the family. We all knew what followed – even he.

When he was being released from the hospital, my daughter and I went to the doctor and I asked him with tears in my eyes, "Tell us, doctor, how much life he's got left – one year, two?" **"What years, Madam – months!!!"** was his reply. I wish no one to hear these words, especially for a close person.

We were referred to a cancer hospital. They were planning to have him urgently hospitalized and submitted to treatment – chemotherapy. We squarely refused and went home discouraged.

I purchased Rooibos tea from the Lechitel drugstore on 31 Ruski Avenue in Plovdiv, of which I had heard from a friend of mine. The girl working there explained to me about **this miracle of Nature called Samento** – and I bought from it too. I

started giving him one 600mg capsule every day. We subscribed to Lechitel.

This treatment continued for **6 months. He had a follow-up echogram and the result surprised his doctors. The tumor had shrunk in size and was encapsulated. My husband was saved!**

That was 2 years ago. He has echography done every 6 months. When we can afford it, we always buy Samento and take one 600mg capsule daily for prevention - and we're feeling well. We are never left without Rooibos tea at home. And **my husband not only is alive, but enjoys better health so far.**

Dear people, don't let the heavy diagnoses dishearten you but muster your strength and will and turn to the natural medicine, for there are the real sources of our healing!

Maria Nihtyanova, Benkovski village, Plovdiv district

## Helps Against Astrocytoma

In April my son-in-law underwent **brain tumor surgery**. The diagnosis was grave – **astrocytoma**. Since I'm a regular reader of Lechitel, I was familiar with Samento's action. In May the patient started taking this herbal product. He took 3 capsules daily during radiotherapy and everything passed without complications. The scan results are very good too.

I'd like to describe the way he took Samento 600 mg because I believe it works miracles: from May 10 to June 30 – 3 x 1 capsules, from June 30 to July 30 - 2 x 1 capsules, and from July 30 up to now – 1 capsule daily.

The **depressive state** my relative had sunk into because of the worries prior to the radiotherapy has now **faded away. He started going out for walks and his spirits heightened. He thinks of work again and he has gained some 10-12 kg. In short, he's now the same as he was before getting sick.** We are thankful for this wonder-working remedy – Samento, and amazed by its action. **The doctors were surprised by the wonderful results.** Thanks to Lechitel for its responsiveness to people's pains. The miracle happened

for us. **My relative is feeling much better now thanks to Samento.**

Galia Vassileva, Vetrino village

## Able To Work As In My Youth

I'm aware that the chemical drugs I've been taking don't treat but poison me. Besides they already are ungodly expensive. The only things that support me are the Rooibos tea that I drink regularly and the 7 bottles of **Samento** that I've bought. **I'm able to work as in the years of my youth. I dig and sow with great desire.**

Mr. Tzonkov, there are sick people in my native little village too. Every time I travel to the town, I bring them Rooibos tea, Samento and other of your products. And my copy of Lechitel is read by the entire village.

Yordanka Dimova, Detelina village, Varna district

## I'm Delighted By Samento And Rooibos

Hello Mr. Tzonkov,

Thank you for the letter, in which you advise me to take Samento for a longer time – 2 or 3 months. I'm delighted by Samento and the Rooibos tea. As I already wrote you, **Samento protected me against the flu** in the winter months. Now I have taken 2 capsules daily once again **for 20 days**. During that time **my palpitation stopped, the exostoses weren't bothering me, the dizziness disappeared.** But after 20 days I had to change the dosage to 1 capsule daily. I'd like to continue taking 2 capsules daily, but I can't afford it – such a pity.

**Samento is a miracle remedy – a real elixir.** I should take 2 capsules to feel good. It would be so nice if the Health Insurance Fund could cover partly the cost of Samento.

Donka Mihalcheva, Mihaylovo village,  
Stara Zagora district

## My Joy Is Great – The Pains Are Gone!

Since I became a regular reader of Lechitel Weekly, I've been following everything you write about the miracle Samento. Something was telling me that it would do away with the **unbearable pains in my legs and arm**. I decided to buy it – it was already available in our town Purvomay. I've been taking it for 3 months now. My joy is great – the pain is gone. I recommend it to all my relatives and friends. I started telling them about the **phenomenal actions of Samento**.

My gratitude is now even bigger and my trust in you – enormous.

Maria Ivanova, Purvomay

## Rooibos Rid Me From A 3-Year Depression In 3 months

Hello, Mr. Tzonkov. I'm a regular reader of your lovely newspaper and I'm infinitely grateful for the precious products you offer.

**I've been drinking your magical Rooibos tea and thanks to it I got rid of the terrible depression that harassed me in the last 3 years.** I've been suffering from **pyelonephritis** since 1994 and I've got **problems with my thyroid gland**. Six months ago I had bacteria in the urine and took a lot of antibiotics.

Now I afforded to purchase **Samento** and I take 1 capsule daily. **I feel excellent.**

Nikolina Stefanova, Kyustendil

## I Stopped Losing Weight And Losing My Balance

In the beginning of January I received **Samento 600 mg, Pycnogenol** and **Rooibos**. A couple of days earlier I had caught a cold, without fever. **My headache passed for one**

**day.** The sore throat and the cough remained. I opened the Samento capsule and sprinkled some into my mouth. **The cough stopped.** Every time it started again, I sprinkled some more from the content of the capsule in my mouth until it was emptied. This way I gradually recovered.

In a day or two I started taking 1 capsule of Samento 600 mg in the morning before breakfast and 1 tablet of Pycnogenol with Rooibos at noon.

I felt a big surge, even surplus, of energy. I was sleeping calmly for nearly 12 hours – from 7 pm until 7 am.

I'd been having a serious problem for about ten years: I had a good appetite but kept losing weight. I felt my body as a skeleton. But in the last month – this can't happen at once – I felt that I had put on weight. It's not so evident but I can feel my body sort of solid and steady. With gaining weight I **stopped losing balance** while previously I was unable to take two steps safely in the dark.

Tzonka Kolchevska, Terziysko village, Lovech district

## Samento Saved Us From Flu And Pneumonia

I'd like to tell you in brief how I turned to the strength of Samento myself and applied it to my closest people.

**My daughter** was struck down by **flu** in just a day, with all its typical "perks" – **38°C fever, cough, running nose and bodily pains**. Concerned, I tentatively gave her 1 capsule in the morning and evening. The next day I gave her 3 capsules – in the morning, at noon and in the evening. She started feeling better in front of my eyes. On the third day I gave her 3 x 1 capsules once again. And indeed **she was absolutely healthy**. She needed no sick leave.

**My husband** was overcome by **an acute form of flu** as well. I was 2 days late to start giving him Samento and he needed 12 capsules. Indeed the flu is not a heavy illness but if it isn't treated, it becomes unpredictable. Between close people it is not the custom to express gratitude loudly and ostentatiously.

ly, but I sense they are thankful to me for having saved them the trouble of taking antibiotics and visiting the doctor in the polyclinic.

15 days later I caught a cold myself. I began taking 1 capsule of Samento 600 mg in the morning before breakfast. I thought I would save myself. Alas! I was ultimately forced to take antibiotics. I was so scared I would develop pneumonia again that it didn't cross my mind to increase the daily dosage of Samento. I took Ospamox for 8 days – 1000 units every 8 hours in the first 2 days and every 12 hours after that. I walked somehow. On the 9<sup>th</sup> day I discontinued the antibiotic but my fever rose to 37.8°C and I got strong stabbing pains in the left lung. My body temperature fluctuated between 37.4 and 37.8°C. I proceeded with 1 capsule of Samento. I was afraid to take more because of the antibiotic. Then my daughter simply said, "Mom, increase the dosage of Samento! It is now midday. Take 3 more capsules by midnight".

And so I did. I slept well. When I got up in the morning, the stabbing pains were already weaker. I took 3 x 1 capsules daily for 2 days. I went to my doctor who was already worried about my condition because of the fluctuating temperature and stabbing pains. We made an X-ray. Everything was clear! Incredible to the doctor but probable, true to me! I already knew what Samento had achieved. I took 3 capsules daily for 3 or 4 more days until I finished the bottle.

Warmest thanks to you, Mr. Tzonkov. I don't want to take up your time in your days for consultation. They are for the seriously ill. I reread with satisfaction my fellow-citizen's article about her cured son and that of the girl who thanks you for extending the life of her mother – and it's not just them! May the letters of acknowledgement multiply and the number of the healed people grow!

**Samento is divine!** Thank you! Be alive and healthy, and always as helpful to the people in need!

Milka Krusteva, Blagoevgrad

## My Chronic Fatigue Disappeared

I am delighted by Samento. I could say **it is the most wonderful herbal product in the world**. I'm also fascinated with the **Rooibos** and **Honeybush** teas, which I've been drinking for a long time. The combination of Samento, Rooibos and Honeybush makes me feel excellent. The chronic fatigue I'd been suffering from for quite a while disappeared as if by a magic wand.

Veneta Vuleva, Zlatitza

## The Golden Remedy

Hello, my dear Healer! I don't know who you are - or who are all of you that edit Lechitel. The important thing to me is the truth I'm now sharing with you. **I was resolved to put an end to my life because it had become unbearable to me**. I'll tell you why. Six years ago **my head started itching** and in about a year the itching spread to **all the hairy parts of my body**. I began to shave all over. Eventually, 2 years ago, my whole body was already itching and **from 64 kg I dropped to 48**. I went to a skin specialist in Montana a dozen times at least. I went to Vratza, Sofia, Varna and no one could help me – everybody promised but nothing happened. That's why I had reached such decision.

In the end I decided to try with **SAMENTO** and **ROOIBOS**. We saved some money and my wife went to Sofia and brought me **the golden remedy that cured me**. More precisely, **it cured me completely – for I had heart problems too**. About 40 days later I'm already a different man. **I now sleep calmly and feel excellent**.

To tell you the truth, I didn't believe in the miracle before. I've been subscribed to Lechitel for 2 years but I wasn't sure. Now I apologize for having doubted and promise that I'll always respect the position of my esteemed newspaper. May God grant you health and long lives in order to help a lot of people like me!

Ivan T. Ivanov, Vladimirovo village, Montana district

## I'm Much Better Now

I'd like to express my gratitude to you for having taken **SAMENTO** and improved my condition.

I had problems with my **nerves** and **thyroid gland**. My daughter came to see me and bought me Samento. I finished one bottle in 30 days – 1 capsule daily. Now I'm much better.

I'd like to thank you once again!

Zhorka Dimova, Bourgas

## My Test Results Are Perfect

Thank you for the lovely herb **Samento**. I've been using food supplements for 4 years now but I've been taking nothing but Samento in the last 8 months. I take vitamins and minerals but not so regularly. In the last 4 years my tests that I'd been making once a year **showed uric acid level of 420 and now it's 180**. The doctors say, "Perfect results! You've got the **hemoglobin of a blood donor!**"

**I feel well, my knees and joints don't torture me**, the joints almost stopped popping and crackling now and I **hardly ever catch a cold**.

I buy Samento 600 mg, open a capsule and empty a fifth of its content in a teaspoon, i.e. 120 mg.

I've been collecting in files the issues of the newspaper for the last 3 years and, of course, I never stop talking about Samento.

Guenka Borissova, Sliven

## A Universal Cure

I'd like to tell you about the wonderful **Samento** that helped me a lot.

I used to suffer from **hypertension**. Years ago my daughter and I took a holiday at a sanatorium and for 20 days my blood pressure maintained a level of **160/100**. I was taking 3 different medicines at the same time, but with no effect. After

my return home I took herbs and it quickly dropped. But when I felt anxious, it rose again. Last spring I read in Lechitel about the **divine Samento** and I bought one bottle at once. I took 1 capsule with Rooibos tea and **my blood pressure fell to 120/80**. I haven't had high blood pressure for more than a year now, although I've had troubles. Even when I've measured it after brisk walking and overstrain, it has never climbed to more than 125/80, 130/80 and sometimes just 115/80. **The miracle Samento, as if with a magic wand, banished the hypertension with the very first capsule**. A disease that's been treated with Samento never comes back.

I used to suffer from **glaucoma**. I applied drops every morning and evening but my eyes, head and even neck were hurting because of them. **I haven't used drops since April last year. The pain disappeared**. I apply Rooibos tea to my eyelids. Samento and Rooibos work wonders! **Now I see well, read and write without glasses**.

More than 10 years ago I fell and since then I'd been unable to bend two of the fingers on my right hand despite the physiotherapy. Now I move them freely. **The numbness of the fingers and the pain in the hands disappeared. I sleep well**.

This week I burned my hand. I saw a cup of Rooibos on the table and applied some tea - I had nothing else at hand. To my surprise the pain went away and no trace remains of the burn.

The natural products of Lechitel are my saviors.

**I had a lump in my breast that shrunk perceptibly**. I continue taking Samento with Rooibos tea.

**Samento is universal**. It works miracles also thanks to the competent directions of the noblest man, Mr. Tzonkov. This man takes a fatherly care of every patient without discriminating between people. He knows how to listen to everyone, inspire confidence, give courage. He doesn't look at the clock when he's talking and he strives to help in any possible way.

If our government makes a noble gesture – to include Samento in the list of the Health Insurance Fund, we all shall be



grateful for eternity.

The healthy people are the biggest wealth of every country!

Rossitza Ivanova, Botevgrad

## The Tumor Shrunk By Half

Accept my warmest regards and appreciation for the rich medical information we receive through your newspaper, to which we've been subscribed for many years. We're grateful as well for the Lechitel drugstores that provide us with the most valuable natural products.

In my fight with the daily concerns I didn't realize at what point I had gotten cancer. When I was diagnosed with **breast cancer**, it was in **stage three** already. In order to be operated, I needed urgent preoperative chemotherapy. Right then in the number 50 issue of Lechitel from the year 2001 appeared the reports from the Samento Conference in London (November 30, 2001) concerning the phenomenon Samento – the herb of the 21<sup>st</sup> century. A light in the tunnel!

I took Samento until the operation and during the chemotherapy – 3 x 2 capsules of 600 mg for 2 months. **That made the operation possible – the tumor shrunk by half.** After the surgery I continued taking it – 2 x 2 capsules of 600 mg daily for 2 months and 2 x 1 capsules for another 2 months. For lack of funds I'm now taking 1 capsule daily. I've finished 26 bottles of Samento.

I developed severe postoperative thrombophlebitis that I got during the last chemotherapy course. I was treated successfully by Assoc. Prof. Dr. Andrea ANDREEV, consultant at the Lechitel Health Center. I underwent radiotherapy. And now I have another 6 chemotherapy courses forthcoming. I'm appalled! How shall I be able to endure them under the threat of developing thrombophlebitis again? I believe in the healing power of Samento and I'd like to be able to take at least 3 x 1 capsules of 600 mg daily during the forthcoming chemotherapy, but I lack the funds. I can't afford it!

**I plead with the Ministry of Health to allow the Health Insurance Fund to cover the cost of Samento for particularly heavy cases such as the cancer patients.**

Katya Dimitrova, Stara Zagora

## My Child Recovered Without Antibiotics

I'd like to tell you about the splendid miracle **Samento** that helped **my son**. He's 5 years old and has been suffering from **tonsillitis** very often. Last month his tonsils were very sore. I went to the Lechitel drugstore (the nearest one is in Stara Zagora) and bought him Samento 120 mg. I was delighted by the attention and directions of the salespeople there. I took Samento and didn't buy an antibiotic – my son is generally unable to recover without an antibiotic but this time I decided that he'd do without it. I came back to Muglitzh and followed closely the instructions I was given in the drugstore. And **I'm simply speechless – the result came on the third day!**

Hristina Vankina, Muglitzh

## Against The Side Effects Of Chemotherapy

I'm a 48-year-old teacher and my interest in the Lechitel newspaper, which I've been looking forward to and buying every week, is big. It's wonderful and offers many things of interest to me and my students.

I was highly desperate after I underwent surgery because of a **tumor under my armpit**. The operation proved successful but **after the chemotherapy I lost my whole hair**. That was dishearteningly heavy for me.

**Now I've been taking 2 capsules of Samento 600 mg daily for a whole month and my joy came back – my hair started growing.** I drink a cup of Rooibos tea with honey every day as well. After I wash my hair, I rinse it with the magical tea.

Thank you from all my heart! I was very desperate but

now I calmed down because of you – and I pray that you be alive and well!

Lechitel is very helpful and brings health and hope to young and old.

Maria Stoyanova, Plovdiv

### Samento Is My Life

Heartfelt thanks for making us believe in the miracles of Nature!

I cannot find the words to describe my story for it is long and sad. When you grow old the things that happen to you are not as good – especially those concerning health. My **chronic colitis** and **gastritis** got accentuated and my big problems related to **hemorrhages** and hospitalizing set in. Then my feet and hands became swollen and numb. “Thanks” to the **rheumatoid arthritis** I moved with difficulty and wished the night never came because **I couldn’t sleep on account of the pains. Nervous breakdowns followed, as well as fear, tension and stabbing pains in the region of the heart. I started suffering from strong headaches, my vision failed** and it turned out one of my eyes needed operation and the other one’s prospects weren’t bright either. At one time I felt so unhappy not only because of my ailments but because I couldn’t take care of myself (I’m a widow) and had to rely on somebody’s help, for which I’m grateful to my daughter who quit her job only to be able to stay by my side in these difficult years.

**But I started taking the unique product SAMENTO and my problems disappeared.** I began to take care of myself. **Samento is my life!**

Thank you for being there for us!

Donka Neshkova, Sofia

### I Threw Off The Walking Stick

Last December, while going to the bathroom, I don’t

recall what happened to me but on regaining consciousness I found myself lying on the hallway floor. I was alone at home and I don’t know how much time I’d spent lying; I tried to stand up but I couldn’t. When my son came, he managed to put me in bed with the help of a neighbor and gave me a tranquillizer. I noticed a change in my speech. **I’d been having high blood pressure for 4 years (180/90) and I suffer from early Parkinson’s and knee pains.**

In January I got **strong pains in the right hip joint** that intensified and kept me bedridden. I was treated with injections and made a blockade. I started walking with a cane. I was very desperate. My daughter however is subscribed to Lechitel and we decided to buy **SAMENTO**. I began to take 1 capsule daily in May – before breakfast, **with Rooibos tea**. I’m now using the third bottle. **The pains faded, I threw off the walking stick and now I move about the house by myself. I started eating. My sleep improved and my blood pressure normalized: 135/80.**

Thank you very much! May you be healthy in order to help people!

Tzveta Gueorguieva, Bourgas

### The Migraine Disappeared

I’d like to tell you with a few words how **Samento** helped me.

I’m 24. I’ve been suffering from headache for nearly 10 years and **diagnosed with migraine**. I have taken both drugs and herbs but nothing helped me. **I used two bottles of Samento** – of 120 and 600 mg. **I cannot describe the relief I got.** Thank you with all my heart! I’ve never felt my head so “clear”.

**The pains from my irritated biliary ducts disappeared too.** My gallbladder was removed 2 years ago and despite the diet (no eggs, chocolate, etc.) I was still suffering from irritation now and then.

I'm happy there is such a wonderful product as Samento on the Bulgarian market. May all people be able to afford it because there is nothing more precious than being healthy!

Kalya Taneva, Bourgas

### For Youth And Beauty

People often ask me, "What do you do? How do you manage to look 10 years younger?" My answer is, "I take **Samento and Rooibos tea!**" They, **Samento and Rooibos, invigorate, refresh and make me beautiful!**

Iglika Yugova, Montana

### You Helped Me A Lot

Thank you so much for being by our side; for the lovely newspaper and for everything you do for your readers. I regularly buy the wonderful Lechitel. I read it with interest and I keep all its issues from the very beginning.

You helped me a lot. My ailments are many. I used to suffer from **vertigo, loss of balance, constant fatigue, hypertension, headache, insomnia, colitis, etc.**

Last summer I used **Samento** 600 mg and **Rooibos** tea. **The fatigue and vertigo disappeared, my blood pressure normalized and I'm feeling fine.** I've recommended Samento to a lot of relatives and friends, and they use it too.

Maria Dobrikova, Troyan

### Samento Against Hashimoto

Let all people believe in the miracle **Samento!** Thank you for the Lechitel drugstore you opened in our town! I'd like to tell you about the miraculous action of **Samento and the Rooibos tea.**

**I've undergone an operation of the thyroid gland after being diagnosed with Hashimoto's disease. I'd been having blood pressure problems for 2 years and intense hair loss.** I started drinking **Rooibos** and finished **2 bottles of Samento – and the result came. My blood pressure normalized and the hair loss stopped.**

Now I've been taking Samento for prevention – one 120mg capsule daily for the last month.

Katya Ilieva, Dobrich

### If Someone Else Had Told Me I Wouldn't Believe It

**Samento** truly has a wonder-working action. **My primary oncological disease dates back to 1995 and the secondary – meta hepatis (metastases in the liver) - to the year 2001.** I had read about Samento in Lechitel but I didn't know how to dose it. After a quick correspondence with Mr. Atanas Tzonkov, to whom I sent my epicrisis, he advised me to take a massive dosage for a month – 6 **Samento** capsules daily along with other supplements. I take the **Samento** together with **Rooibos tea** and I'll keep taking them.

**The doctors were categorical the liver wouldn't shrink; only the process could eventually stop. But the truth is it did shrink – in the beginning the enlargement was by 10-15 mm and now it's by 2-5 mm. Everybody says it's unbelievable.**

In the previous years I obligatorily had a **flu shot** but this year I didn't and even though I work with children who get ill very often, **Samento protected me.**

If someone else had told me all this, I wouldn't believe it. But since I experienced that myself, I'm telling you **Samento and Rooibos are GREAT WIDE-SPECTRUM REMEDIES!**

I'm grateful to Lechitel and to its entire staff that I have managed to come out of the nervous **depression** that had overtaken me as well.

It's so good we have you. If it wasn't for you, I don't want to think what would happen to me!

Valentina Yordanova, Pravetz

## Our Hopes Were Justified

I'd like to express my and my mother's big GRATITUDE for the miracle **Samento**.

It all started in February last year when my mother was diagnosed with **late-stage uterus cancer**. We were all stricken. She underwent a lot of tests and almost no treatment. Together with my sister-in-law I was looking for all sort of information. Thus we read last year's issues number 7 and 8 of Lechitel Weekly, which provided information about Samento. We decided there was nothing to lose because it was a herb. We bought the first bottle with distrust but also with hope. In the meantime my mother's condition was heavy but she was offered no treatment, just analgesics. She was being prepared for an operation. She started taking 2 capsules of Samento 600 mg daily and by the time of the surgery in April she had finished 3 or 4 bottles. Her recovery and good appearance surprised the doctors but not us. We were sure it was due to Samento.

The surgery was not successful and we resumed the use of Samento immediately – 2 capsules daily. The doctors appointed **radiotherapy, which my mother endured very well as well**. Samento was again responsible for that. We didn't tell the doctors as we knew their skeptical attitude toward the herbs. **But the doctor conducting the radiotherapy was amazed. He couldn't believe that after 50 radiotherapy sessions my mother looked well.**

We were preparing her for a second operation in Sofia at the hands of the best specialist – Assoc. Prof. Maria Popova. **During the check-up she was also surprised by my mother's appearance and spirit. But that was thanks to the action of Samento.** By the time of the second operation she had finished 14 bottles. If it wasn't for this magical herb, we wouldn't have reached thus far. The operation was of course

successful. My mother has now been appointed chemotherapy and continues taking Samento 600 mg, but only 1 capsule daily (for prevention). **The chemotherapy is also going on very well, without complications thanks to Samento.**

Thank you!

Valentina Atanassova, Dobrich

## It Is Time The Doctors Started Thinking

**20 years ago I was diagnosed with a severe condition: total atrophy of the small intestine.** I was made tests at the Institute for Specialization and Qualification of Medical Doctors (at present Queen Giovanna University Hospital) for a whole month, including biopsy. My gastrointestinal tract was a wreck – I had strong pains, vomited, lost a lot of weight and dropped to about 40 kg. I had to follow rigorous diets. I was observed and my life was supported for years by one of the country's best gastroenterologists, Prof. N. Nedkova-Bratanova, who is unfortunately not among the living anymore. At her insistence I had been following a gluten-free diet, i.e. excluding flour, for more than 2 years. She was the one to direct my attention to the herbs and natural products.

For patients like me it's very difficult to feed. On the one hand we are limited in our choice of foods and on the other hand what's offered on the market isn't healthy or dietetic. **My crises multiplied in 2001 – strong pains, vomiting, faintness, weakened immune system, low spirits, absence from work, desperation.**

In December 2001 my mother was diagnosed with a serious disease and I, nervous and desperate because of her, started searching for ways for salvation. I was regularly reading Lechitel. We started immediately with **Samento 600 mg**: my mother was taking 6 capsules daily with **Rooibos**, and I - 2 capsules daily. After making blood tests at the Lechitel Health Center it became clear that **I had Helicobacter pylori infection, my mother's SR was 48** and the other indices weren't

good either. After a consultation with Mr. Tzonkov I have been taking Samento by an individual scheme. And thus from December 20 last year up to now (April 2002) we've been taking Samento with Rooibos or **Honeybush** tea. **You cannot imagine, dear people, what an effect they have on the whole body! I can't describe my other ailments, which were quite a lot – heart, gallbladder, kidney, backbone problems, etc.** (perhaps I'll write about them in another letter). **Nearly all my pains and sufferings are now forgotten. I'm a different person; I've got strength and desire to live. All my relatives and friends are asking me how this miracle happened.** We repeated the tests – my H. pylori is nearly eliminated and my mother's sedimentation rate is 20. She has no strong pains and she doesn't spit blood. We shall continue the Samento at a lower dosage.

**I'm surprised that the Ministry of Health has not investigated so far the potent action of Samento on the human body – moreover bearing in mind the large numbers of cancer patients in our country. A great many of our brothers, sisters and even children die while they could be saved!**

I wish with all my heart that **all the doctors started considering the question and helped with the treatment of our ailing and suffering people with Samento.** I express my heartfelt gratitude to all the team of Lechitel and most of all to Mr. Tzonkov.

May you be alive and healthy, and God protect you!  
Margarita Todorova, Sofia

### **My Father Feels Well**

At the end of May last year I sent a letter to Lechitel seeking help for my father's serious health problem – status post **head tumor operation, during which a part of the tumor was removed, and a forthcoming second surgery.**

We were recommended some additional blood tests and Samento 600 mg – 3 x 2 capsules daily. He's been taking it for

5 weeks now and **he feels very well. His eyesight improved, he put on weight and he's feeding well. He goes for a walk every day** in order to regain the normal movement of his legs as he had problems with them in the beginning.

Before the operation he **had begun to forget but now it happens very rarely.**

Violeta Stoycheva, Silistra

### **Samento - In The List Of Free Medicines**

**I support without reservation the idea of including Samento in the list of free medicines paid for by the National Health Insurance Fund.** I believe you should find support for putting this idea into practice among your colleagues from the press and electronic media as well. I'm sure there are still reasonable people in this country.

Shirin Fikretova, Svishtov

### **A Priceless Herb**

During the whole last year I'd been following the people's reports on the miracle herb of the 21<sup>st</sup> century – **Samento.** I was very interested in what diseases it treated. Most unfortunately a part of these diseases are also mine. Since 1980 I've been suffering from, I'd say, trivial **hypertension with blood pressure levels of 220/110-140, sinusitis, gastrointestinal problems, two ulcers – of the stomach and duodenum, spastic colitis, constipation, rheumatoid arthritis, ischemic heart disease, two nodes on the thyroid gland.** When I read the report of Lechitel's editor Atanas Tzonkov from the London international conference on how diseases are treated with **Samento,** I was very glad for I had already bought the miraculous herb for the first time and was already taking it – 1 capsule every morning before breakfast with **Rooibos** tea. Thus I have taken it all December. I've stopped it

in January but I intend to find a way of resuming its use.

**Samento is a priceless herb, which worked a miracle for me as well. I apply two tests from different laboratories as a proof.**

What happened? I'm 70 but everybody says I don't look my age - I look much better. However in the autumn of 1998 I caught a **heavy flu followed by bronchopneumonia** and a number of other complications. Since then, for 3 years now, I've been constantly making the rounds of the doctors' offices because I had a fever of 37.1-37.2°C every evening. During all that time I'd been having an **accelerated sedimentation** – 30 to 40 mm and upwards. I was constantly tired, slept badly, sweated profusely, caught a cold very easily, etc. **After having used Samento for a month, I'm now a different person.** I feel very well, do the housework all day long, go out regularly and **despite the bitter colds outside I don't catch a cold, don't sweat, and I'm more lively and brisk in every respect. The headache resulting from the sinusitis disappeared. My fingers no longer ache because of the arthritis and my body temperature normalized already in December – it is now 36.5°C.** My biggest surprise however came when on January 3<sup>rd</sup> **I had my SR tested and it was in norm** – 18 mm. I was so happy I could not believe my eyes. That's why I went to another clinic 3 days later and had my SR tested once again. To my biggest joy the result was confirmed – the SR was 17 mm.

Thank you for your highly noble mission of helping the ailing people in need in Bulgaria and all over the world. The information you provide us with is an invaluable source of health knowledge for prevention and treatment.

Kalinka Ivanova, Plovdiv

### **I've Never Felt As Good Before**

With aging one receives a free "bouquet" of ailments. If anyone thinks he's healthy, he's undoubtedly wrong.

I myself was one of the deluded. I suffered from

**headaches**, to which I paid no attention, but when I took my **blood pressure** it turned out it was **high** – 170/110. It was not always high but it fluctuated. **My blood sugar was 7.5 and I suffered from gastrointestinal complaints, joint pains and chronic bronchitis.**

From my favorite Lechitel I learned about the wonder-working qualities of Samento and I decided to give it a try. I started taking it with Rooibos tea that has no rival analogue on our country's market.

**Samento cured all my ailments. In this amazing plant the nature has brought together all the best. Now I'm seething with energy, I've never felt as good before. I have no headache and no joint pains, my blood pressure and blood sugar normalized, my sleep is calm.**

My advice to those who have never used Samento is to try it. It has a magical action and everyone who's nearing 50 can take it, even if he thinks he's healthy – he'll become convinced of its miraculous powers. Even if you only take one bottle for prevention, you'll feel the surge of energy and high morale.

Renny Tzaneva, Lovech

### **Lively And Vigorous In Spite Of The Terrible Illness**

Accept my warmest gratitude for the opportunity to treat myself with the magical Samento. Thank you for providing it for us here in Bulgaria. We appreciate the information you are giving us about it through the pages of Lechitel, to which I'm a subscriber.

How else would I learn things so important to me from the reports of Prof. Henk Oswald M.D. and of Lechitel's editor, presented at the London International Samento Conference in November 2001. They have given me a lot of knowledge on Samento and a lot of hope and courage in the **fight with my disease (metastasized cancer). If it wasn't for Samento, I don't know how I'd be feeling now.** My relatives and doc-

tors ask me how I feel and **I feel lively and vigorous thanks to Samento** – I've finished 17 bottles from 600 mg up to now (since June 2001).

Petranka Rousseva, Sofia

### I'm Delighted By Samento

I used to have **liver problems, cardiac arrhythmia, intercostal neuralgia, stenocardia** and I had started to choke a lot. **My blood pressure was rising sharply.** I read about **SAMENTO** and bought it also because it cost less than other medicines. I combined it with **Rooibos**. After having taken it regularly for 2 months, one day I realized **I'd stopped taking drugs for controlling my blood pressure. It no longer rises, the choking disappeared and my sleep improved. I'm delighted by Samento, by its healing effect!** I recommend it to my friends and relatives as well.

Atanaska Dicheva, Dobrich

### Miracles Don't Happen Only In Fairy Tales

Although I'm only 33, according to the doctors I had a lot of health problems. I used to carry medicines in my pockets all the time. **I had a poor blood supply to the limbs, fluctuating blood pressure, joint pains. My nerves were strained to the limit.** I always had the feeling I was pressed for time. I was frequently seized by anxiety. **I felt dizzy and exhausted.**

I shared all that with a friend of mine from the town of Rousse. She advised me to buy **Rooibos** tea and **Samento** capsules. I have been drinking from the fragrant tea every morning for 6 months. I warm up my soul and charge myself with energy for the entire day. **I dumped all tranquilizers and glucose banks. I feel lively and loaded with energy.** I put on 5 kg (I was 49 kg before). **The products regenerated and**

**cleansed my body from the toxins accumulated for years.**

When somebody asks me what this positive change is due to, I say with pride: "Take Rooibos tea and Samento capsules and you'll feel the magic! Miracles don't happen only in fairy tales!"

Read Lechitel, they are there – the miracles!

Iliana Stoyanova, Axakovo village, Varna district

### The Doctors Were Giving My Mother Less Than A Month To Live But She Recovered!

This year my mother caught **flu**. The disease was very heavy and, not unusually for a person her age (she's 85), it affected her hearing. She has more than half a dozen ailments and as a result of the flu her condition worsened even more. She suffers from **hypertension, arrhythmia, rheumatoid arthritis, chronic bronchitis, exostoses and constant headaches.**

And this year, after she had caught the flu, she got **strong stomach pains** and was saying **her breasts and entire chest had squeezed her as if in a vice.** She was crying and **she couldn't eat; she could sleep neither at day nor at night and she couldn't walk. Her legs and knees were swollen** and the skin on the legs was so taut and glossy as if it was about to burst as a child's balloon. **She was suffering from shortness of breath.**

My sister and brother took her to the doctor in Petrich twice. She had been prescribed analgesics for the stomach and heart, and drugs for irrigation of the brain. And the family doctor had prescribed **10 different medicines, some of them banned for human use – anything to quench the pains, but they weren't fading.**

Once my mother had told my brother to summon us so that she could see us for the last time, for she felt her end was coming.

I was struck by her critical condition – unable to eat, sleep or walk and tortured by ceaseless pains. On top of that her doctor came and shouted from the doorway, “Hey, granny, are you still alive? I didn’t believe I would find you alive!” These words spoken by a doctor...

He took her blood pressure, gave her 8 different drugs to take at once and she almost choked. I felt very sorry for my mother and highly offended by the doctor’s behavior. How can a doctor say such words to a patient in a grave condition, no matter his age? On leaving the doctor told me my mother **would not survive for another month and would die by the end of April**. I told him we would try Samento. But he, my mother’s family doctor, had never heard of this herb. When I explained to him about it, he started wagging his index finger, with the other fingers clenched in a fist, and stated he did not believe in herbs – the salvation was in the drugs.

He left and I gathered all my mother’s medicines in a plastic bag and told her that she shouldn’t take them anymore. I only left her the drugs for the blood pressure and the heart, telling her to take them only if necessary.

There wasn’t much time left for thinking. I went to Sandansky and bought her **Samento 600 mg** and **Rooibos tea** from the Lechitel drugstore. **On the fourth or fifth day my mother had already felt an improvement and on the tenth day she had got up and started walking and going out in the yard. She had even asked for food. She took Samento 600 mg with Rooibos tea for one month.** Then we bought her a bottle of Samento and a box of the tea for one more month.

**In two months my mother was transformed into a different person. The pains in all her body disappeared – the headache, the stomach pains; her blood pressure normalized, the squeezing sensation in the chest disappeared and the pain and swelling in the legs, knees and shoulders subsided – everything faded away.** Now I’m asking her, “Mother, how are you?” and she replies, “Nothing hurts anymore, my child! Samento helped me a lot! I

believe in its healing power and I’ll keep maintaining my health with it”.

She said she would eat less but put aside a part of her pension, amounting to BGN 87 (around EUR 45), and give it to us in order to buy her Samento - though only every other month. **No other drugs and herbs have helped her as Samento has.** That’s why I’m telling you Samento is the miracle of miracles!

Samento helped **my granddaughter** too who has come to stay with me in the countryside. She suffers from **tonsillitis** almost every time it gets cold. She used to raise a fever of 38-39°C and couldn’t take it down for 2 to 3 days in a row. **After taking just 12 capsules from 120 mg she’s no longer falling ill.**

Pavlina Vuchkova, Purvomay village,  
Blagoevgrad district

## **I Regained The Ability To Move After A Heavy Bout Of Discopathy**

I’m delighted by the miraculous Samento. **During a heavy bout of discopathy, bedridden by unbearable pains, having tried everything prescribed to me by the family doctor – including a massage course, and feeling desperate, I took the decision by myself to try Samento.** I started with **2 capsules daily**, taking them with Rooibos tea, and after a week I got relief from the infernal pain. Now I’ve regained the ability to move, I have no pelvic pains and my spirits heightened. I’m glad I can take care of my family again and, although jobless and not completely healed, I’m useful at least to my closest people.

I wish a lot of health to those who have discovered this miracle and those who take care that it gets to us in the hardest moments.

Amalia Stoycheva, Silistra



## The Allergic Nightmare Is Gone

I've been taking 1 capsule of Samento 600 mg daily for the last 3 months. **I've undergone cancer surgery** but that was a long time ago and my body's defenses are reduced to a minimum. I suffer from **pyelonephritis, sinusitis, allergic conjunctivitis** and **hay fever** (that used to appear only in spring but is now already **year-long**).

**I felt relief from the very first month I started taking Samento.** Twice everyone around me sneezed and coughed. I felt the virus was inside me but no symptoms developed. But a dozen days ago some virus "caught" me with such strength that I was forced to increase the dosage to 3 x 1 Samento capsules for a couple of days and everything subsided. Now I continue taking 1 capsule daily.

I was feeling as if grasped by an octopus's tentacles but I have gained such a change in just 3 months. **The allergic nightmare is gone and the joint pains subsided.**

Thank you!

Anna Dineva, Sliven

## I Got Rid Of Serious Health Problems

I'm a 57-year-old retired teacher. I used to have serious problems with my blood pressure. At times it reached critical levels of up to 200/100 (110). **I was registered at the dispensary as a hypertension patient.** I was taking different drugs but getting only temporary relief.

I started taking 1 capsule of **SAMENTO** daily with **Rooibos** tea in the autumn. **After taking the first few capsules my blood pressure normalized and I have no problems anymore. I used to have arthritis and strong pain in the knees; my throat was often sore, I was nervous and didn't sleep well. Everything faded away and I now feel good.**

Evguenia Vanyova, Pleven

## I Work And Live Thanks To Samento

I work and live thanks to **Samento**. I've also helped 8 people from my village who are using it.

I underwent **operations of both breasts** and after that I got **perianal abscess**. My condition was very grave but **Samento** helped me a lot and I avoided another operation. The doctors said there was nothing wrong with me.

I'd suffered owing to the operations for 3 years, but thanks to Samento I'm now able to work and do carry out all my daily tasks. I'm now trembling with excitement while writing to you – I lack words strong enough to help you!

Boyanka Staneva, Snezhina village, Varna district

## Nothing Else Has Helped Me!

I have big faith in Lechitel. I'd been suffering from terrible pains in the waist, hip and the entire left leg (probably owing to an inflammation of the sciatic nerve). I bought **Samento 600 mg** with a discount coupon from the newspaper. I cannot believe it myself and I don't dare say it aloud, but 6 or 7 days later **the pains disappeared! Nothing else has helped me up to now!**

Maria Dimitrova, Razgrad

## Samento Rid Me Of The Chronic Diseases

I'm 48 and suffer from **chronic gastritis, joint arthrosis with strong knee pains and chronic constipation.**

I started drinking **Rooibos** tea with **Samento 120 mg** on an empty stomach. I took it for one month but I felt no improvement. On the second month I bought Samento 600 mg and started taking 1 capsule daily. I drink a cup of Rooibos tea three times daily.

**The pain in the joints was reduced altogether, the gastritis hasn't reminded of itself and the constipation**

**disappeared.**

Thanks with all my heart for the wonderful healing products!

Todorka Ivancheva, Krousheto village, Veliko Turnovo district

## No Heart Episodes And Medicines

I've been suffering from a **thyroid gland condition** since 1986. I have **insomnia, headache and hypertension** too. Four years ago I got **arrhythmia**. During a bout I always restore the rhythm with the help of chinidine but after one such episode I got chills and **a fever of 40°C**. That happened several times.

In the number 8 issue of Lechitel I read about a similar case – with chills and fever. This February 23<sup>rd</sup> I went for a medical exam at the Lechitel Health Center. The specialists there recommended me to take **Samento 600 mg** with **Rooibos** tea by a special scheme.

I started the treatment on March 5<sup>th</sup>, gradually discontinuing the medicine I'd been taking (Darob). On March 23<sup>rd</sup> I got arrhythmia again – I hadn't had an episode for more than a month. I increased the dosage of Samento and managed to restore the rhythm without chinidine. Since then I haven't had a bout.

My family doctor and cardiologist are surprised by the herb's effect and I am very happy because the endocrinologist I'd gone to had told me, "It's very stupid of you to believe that you'll get well with herbs. You have a node the size of a pea that requires surgery". You can imagine how I felt! That's why I didn't show her my test results (which are in norm) but send them to you. I don't take any other medicines. **I feel well and fall asleep without sleeping pills. My appetite is back.**

Thank God we have you.

Nanka Gueorguieva, Bourgas

## My Life Quality Improved

I retired in late 1999. I had big problems with my stomach and bowels by the time, with strong pains, persistent constipation; I bloated from every food and suffered from flatulence. I often use Epsom salts (every week). In May and June 2000 I had 35 acupuncture procedures. The stomach pains were reduced considerably, I stopped using Epsom salts but I still wasn't feeling well.

In August 2000 I started drinking **Rooibos** tea. I still drink it. I buy Honeybush tea occasionally too and I lend color to my day with both teas. With Rooibos I normalized my blood pressure. I don't need any drugs to control it if I drink 3 cups of Rooibos every day. I stopped the other medicines too: diltiazem, Isodinitite, Nitrolong, Preductal, etc. They are many.

From May 2001 I started taking **Samento 600 mg** – 1 capsule in the morning before breakfast. I achieved a lot of improvements:

- **The pains in the spine, which were unceasing, are now gone** when I'm at rest, i.e. sitting or lying. They are considerably weaker even when I'm moving.

- **The pains around the elbows and knees subsided.** I can move for a much longer time now. I'm able to walk approximately 5 km without a rest and almost without pain – while two years ago I couldn't even walk 1 km. The swelling around my knees (which is rather obvious) was reduced by 2 cm.

- **I used to have a sore in my throat** (allegedly from the tube inserted during a surgery years ago), which always disturbed me when I swallowed. It sometimes even bled and festered. It is now gone. I swallow easily – without pain and the sensation of having a stone in my throat.

- **My heart is better too.** I started sleeping calmly on both sides. I don't have the former heart pain anymore; I don't feel heaviness and don't cough. I feel well. Two months ago I had a cardiogram. And, **surprisingly, the angina pectoris was gone. The doctor is amazed.**

I've been a pensioner for two years now. I've been treat-

ing myself with your teas and Samento 600 mg. **During that period I've caught no colds or flues.**

All my relatives and friends use Samento and the teas. They feel well and don't get sick.

I thank you on my and their behalf for what you do. Your newspaper guides everyone towards the best. We need you. May God help you!

Margarita Mircheva, Varna

### Successful Treatment Of Infirmity Of Age

Lechitel published information on the great opportunities for treatment of various diseases with Samento and ginkgo biloba. I started with **Samento 600 mg** – 1 capsule every morning on an empty stomach. **By the 10<sup>th</sup> day I became livelier, less tired, my sleep and appetite improved. At the end of the period during which I took Samento the joint pains in the shoulders and knees disappeared. The staggering was reduced.**

I was intrigued by the published information that ginkgo biloba can treat brain disorders. I started taking **GINGKOMAX** (ginkgo biloba extract) – 3 x 1 capsules before meals. In a week my speech abilities (damaged after a 2-month intake of drugs against poor irrigation of the brain) began to improve. This encouraged me. With further intake the numbness of the tongue was reduced. In a while, although slowly, I started talking and my thinking became more consistent. The staggering disappeared; I walked in a straight line.

I'm 81 years old. To me **Samento and Gingkomax** are food supplements for successful treatment of infirmity of age, pains, staggering, brain damage and other conditions.

Tzanny Danev, Marten village, Rousse district

### We're Saved By Samento And Rooibos

My daughter is 6 years old. She developed **leukemia** in

April 2000. She was diagnosed in Plovdiv, where she underwent chemotherapy according to a German protocol. It includes an intensive course followed by supporting therapy until the end of the second year from the disease onset. The doctors say the critical period is 5 years from the onset. After that the child is considered completely recovered.

From January 2002 my daughter has been taking **Samento** 120 mg by a special scheme. **Her latest test results, thanks to Samento, are quite good.** Thank God! I'm convinced it's helping her because before she started taking it she frequently developed bronchitis and various viral diseases due to her decreased immune defenses, but now that's changed.

I'm happy things are going like that and I feel more secure about my daughter's health knowing there's a herb that can actually help her to combat the disease.

You cannot imagine how big the stress is for the mothers of children undergoing chemotherapy. But thanks to **Rooibos** my nervous system started recovering its normal rhythm.

We'll continue drinking the tea every day and the child will continue taking **Samento**.

Galya Gueorguieva, Bourgas

### When Hospital Treatment Doesn't Help

I've been a regular subscriber to the newspaper for nearly 5 years. I'd like to tell you about the hell I have lived through since early May last year. I suddenly got **intense diarrhea** (I went to the bathroom up to 20 times a day). I started treatment with the popular herbs in my village – taking each of them for 2 days. There was no effect. I started taking drugs – the result was the same. 36 days later, already dehydrated, weakened, with a puffy face, I was hospitalized.

After all the tests and scans – still nothing. The doctors talked about operation (I heard it from the cardiologist to whom I was referred for consultation) and sending me to Sofia, after

which I was released without improvement.

For months in a row I'd been eating toasted bread and saltless cheese. I also made a hominy diet – a week without a crumb of bread. In November I purchased a bottle of **Samento 600 mg**. I've got plenty of other ailments as well – **daily headaches, ear inflammations, knee and hip joint pains, and exostoses in the neck leading to edemas and a sore throat.**

After taking **Samento** a miracle happened. **My throat is not sore anymore and the edemas disappeared. The headache abated and my hearing improved. The stomach pains stopped and I now have bowel movements just a couple of times and only in the morning.**

I live in a part of Bulgaria forgotten by both the government and God. I'm asking you to write a little note regarding what, how and how much I should take. Here even the doctors hadn't heard of your products.

Thank you very much. And thank God you exist! I bow to you!

Ivanka Lukanova, Ohrid village, Montana district

**Editor's Note: The prophylactic or maintenance dosage of Samento 600 mg is 1 capsule daily and it sometimes eliminates serious health problems but the real treatment of grave diseases requires higher doses determined according to the patient's condition, age, etc. Those who would like a consultation have to send copies of their epicrises and test results to the editors' office.**

### **The Miracle Does Exist**

Seemingly everything has already been said about Samento. I've been reading testimonials of people who have been cured all the time and I'm happy my relatives and I are among them too. I'll just mention that my daughter, with her chronic disease, became the reason for us to get to know this cure. She's 7 now and **has been suffering persistently**

**from chronic, allergic postnasal rhinitis with all its complications since the age of 2.** I'm unable to describe what kind of pains she had to suffer during those 5 years. The mucus ran down the back of her throat, inflamed the air passages and caused **spastic bronchitis** almost every time. Let alone the discomfort of spitting all the time in order to expel the mucus. The most troublesome time was when the night fell. **The child slept almost seated for otherwise she choked and vomited from the mucus she swallowed.**

That's what the situation was in the broadest outlines. You can possibly guess that we have used and tried all sorts of medicines and treatments, including homeopathy and naturopathy, but the problem persisted and even intensified. And the most tragic thing was that I simply lost all hope that something could be done for the child. I was terrified by that thought. But then we came across the miraculous **Samento**. I say miraculous because it was **Samento** that worked the miracle we needed so badly. After the next episode and the accompanying (unsuccessful) treatment with antibiotics we decided to give this herb a try. To tell you the truth, I was extremely disappointed with so many therapies that didn't work that I told myself, "This is unlikely to help, but at least it won't harm her!" It is only logical that after 5-year-long attempts for finding treatment one can turn into a skeptic. It's needless to say to all those people who have cured themselves with Samento that **my daughter got a huge relief and improvement from the very first days since she started taking Samento. Subsequently no trace remained of her chronic disease.** But I, feeling tired and so deprived of faith by transient results, thought, "This is probably just a coincidence. In a month at the most everything will start all over again". Now I already laugh at those thoughts. **One, two, three months passed and the child was feeling excellent – she had even got rid of the common colds that never skipped her before.** And when the flu season approached (during which all the family always fell sick), we took the unanimous decision to treat ourselves

with **Samento** in case of need.

I was the first to try it on myself. **I had a fever of 38.5°C, dry and irritating cough, sore throat. In just 3 days and 3 capsules of Samento 600 mg I was in perfect shape, my fever subsided and my cough vanished without a trace. The same results were obtained by my mother, my brother and all my relatives and friends to whom I have most enthusiastically recommended Samento.** Everyone achieved an amazing effect: immediate recovery with no secondary consequences for the body and at a relatively low price.

You know there's nothing more precious and marvelous than health. It is wonderful **Samento** is able to save so many people who suffer and bring back the smile on their faces. To my family it brought health and for me personally it did something more – restored my optimism and belief in miracles. The miracle does exist, dear people, and I'm convinced it's called **Samento**. You only have to believe, to try it and get cured. I guarantee you will not be disappointed. **This remedy not only gives hope for treatment but it really treats successfully.**

And in the end: I bow to those who made it possible for us to use **Samento!!!**

Ana Stefanova, Kazanluk

### **I Was Helped To My Feet By God, “Lechitel” Weekly And The Holy Samento!**

I received a message that my father was in poor health. I left immediately for his home village and I found him in a most deplorable state. He had lost weight, couldn't walk and eat, and had difficulty urinating.

He had gone to a urologist earlier and had been told to put aside money for an operation, but since my father has a very small pension he refused to go under the scalpel.

I was desperate. An acquaintance of my father's

approached me in the bus and told me to look for Lechitel Weekly. I read the last 10 issues at the library and learned about Honeybush, Rooibos and Samento. I found the money right away and bought these products. I brought them to my father and he started taking them. He's now in good health – he eats, moves and urinates without any problems.

When the neighbors ask him which doctor has helped him to his feet, my father answers, “I was helped to my feet by God, Lechitel Weekly and the holy Samento!”

Thank you for being here for us. It is obvious we have no medicine in our country. We're lucky that we've got Lechitel Weekly and the holy Samento!

Martin Nikolov, Bourgas

### **Hope For Life**

I'm turning to you as my last hope for a little life for my mother.

What happened in the last two weeks? My mother was hospitalized in Vratza on February 7<sup>th</sup>. Before that I started giving her Samento: 1 capsule in the morning and evening in the first two days and afterwards 2 capsules in the morning and evening. This way she had taken 22 capsules by the time she entered the hospital. Then she stopped them and the hospital treatment began. With every passing day her condition worsened. **She was delirious for several days and then lost consciousness.** I decided to take her home because we'd run out of money and the “treatment” cost us a lot.

On the way to the ambulance that was to take her home she recovered consciousness. Back home **I started giving her Samento right away. That very evening she began to eat more and started looking a bit livelier. Now 4 days have passed and she's quite better.** I'll continue giving her Samento.

Nikolina Petrova, Mezdra

## I Cured My Knees, My Stomach And My Nerves

I'm 57 years old. Except for the **hypertension** I have few particular health complaints but the age has its say.

I started taking Samento because of the **sudden bout of pain in the knees** that lasted nearly a dozen days and gave me quite a scare. The drugs I was prescribed had just a transient effect and the prospects terrified me.

Then I bought **Samento. After the 10<sup>th</sup> day the pain was reduced and by the end of the first month completely disappeared. So did the heartburn** I was suffering from in the last few years and attributed to my advancing age.

My general condition is now altogether different. It may sound funny but **I became more patient and cheerful.**

Milena Nikolova, Varna

## The Dark Thoughts Disappeared

After we read last year (2001) in Lechitel Weekly about the qualities of **Roobos tea** and **Samento**, we decided to try them against our health problems. And the miracle came – my wife Dobrinka is now feeling very well. **Her headache stopped, she reduced the blood pressure medications, the pain in her legs subsided and before she knew it, she began losing weight. She lost about 12 kg in two months.**

We decided I should try the **Roobos** tea and **Samento 600 mg** too. And the result was prompt – my nerves calmed down and the dark thoughts disappeared. I feel lively and brisk; I jump to my feet before dawn and take a look at the weather – if I'll be able to work in the garden. In a nutshell, **I feel like a normal person again.**

Panayot Panayotov, Tatarevo village, Haskovo district

## The Liver Metastases Are Receding

On April 30<sup>th</sup> last year my father, 66, started having pains in the region of the liver and went to the family doctor. He referred him to a specialist for echography. On May 2<sup>nd</sup>, after the examination, we were told my father **had multiple metastases in the liver**, designated as being of the "bull's-eye" type.

On May 10<sup>th</sup> my father was hospitalized, at our request, for specifying the diagnosis. We were told the results from the blood tests were good except for the **GGT marker, which was 168.**

**My father was getting tired if he had to move a bit more, and he got chills and fever – up to 38°C.** He's been suffering from **hypertonic disease** and taking Empril and Verapamil for years.

Then we learned about Samento and he started taking it from May 10<sup>th</sup>.

On May 28<sup>th</sup> he was released from the hepatogastroenterology clinic and moved to another ward for chemotherapy. He underwent 5 courses, 5 days each, in 20-day intervals. During the chemotherapy my father kept taking **Samento** before meals. **A month after he began taking it, his condition visibly improved, he became energetic and the weakness disappeared. His blood pressure normalized and he even stopped the Verapamil and Empril.** He bore lightly the first 3 chemotherapy courses and wasn't suffering from nausea or vomiting, typical of this kind of treatment. During the first course his hair fell off. During the fourth course (in August) he started getting nausea, his blood pressure started fluctuating once again and he had to resume the use of the anti-hypertension drugs.

Before the beginning of the fifth chemotherapy course (on September 18<sup>th</sup>) he had an echogram and the doctors explained that there was a good healing effect and the forming of an echogenic capsule on the periphery of the lesions had made an impression on them. He also had some blood tests done and the **GGT marker had dropped to 21 – even the doctor was surprised. My father had a scan and we were**

**told that the small spots had vanished and the big ones were encapsulated.**

Guenoveva Guencheva, Varna

### **I No Longer Crawl As A Tortoise**

I got as a “prize” from the front (the Drava River epic battle) **sinusitis, bronchitis and rheumatism**. I was so tortured by the pains that I started crawling as a tortoise – despite the countless cures I had been prescribed and recommended by the doctors. I made up my mind to buy **Samento, Honeybush and Rooibos**. I was drinking 2 or 3 cups of tea every day, sweetened with pure nectar bee honey. What happened? **My nostrils cleared up and I’ve got no pains; my breasts stopped wheezing and the cough disappeared**. I was previously crippled by the rheumatism – the pain had spread to the calves, heels and knees, and set off for the thighs. I wished the night never came as the pain was growing stronger – my legs were aching no matter if I kept them stretched or folded. **I now feel as a different person. The pains disappeared** and I would gladly sleep for 24 hours if I were given the chance. Formerly I’d started having **prostate problems – frequent urination accompanied by burning sensation. Now everything is back to normal and the burning disappeared**.

I finish my letter by praying to God to grant you health and strength in order to inspire confidence in people and offer them health.

Dr. Iliya Kaymakanov, Belchin village, Sofia district

### **Samento For Grandma And Grandchild**

I’ve been a regular reader of Lechitel for 10 years. It is my family doctor. I take advantage of its tips and recommendations all the time. They help me and alleviate my and my husband’s pains. I suffer from rheumatoid arthritis of the fingers but

I’ve been feeling very well since I started taking **Samento**.

**I helped my 9-year-old grandson as well.** At the beginning of every autumn and later on in winter he was beginning to cough and excrete nasal mucus, and was forced to miss school. The family doctor treated him with increasingly potent antibiotics. But the moment came when they no longer worked for him. This year my grandson spent the winter holidays with me – in the village of Bistritza. **He had a terrible cough again**. His breasts were aching from the constant effort. I made him all sorts of herbal teas but nothing helped. I finally gave him from my bottle of **Samento 600 mg. In two days the cough stopped**. My daughter-in-law calmed down and became convinced in the healing powers of **Samento**. Now I give him every morning Samento 120 mg with Rooibos tea.

Penka Zlatkova, Bistritza village, Sofia district

### **Helps In Parkinson’s Disease**

I’d like to tell you about the miracle **Samento**. Right after the Cat’s Claw 40 mg appeared on the market, I bought a bottle for my daughter and sister. I don’t know whether we had caught a cold or flu, but in two days everything subsided.

I’d like to tell you about **my sister** who lives in the countryside together with my mother and **has developed Parkinson’s three years ago**. She’s a subscriber to Lechitel too. She’s been reading it with interest and using the products almost from the very start. First she was taking Pycnogenol and Selesan along with the drug Madopar that was prescribed by a doctor. She got relief and her nerves calmed down but she **remained as stiff as before, walked with difficulty and wasn’t even able to cut a slice of bread. One of her arms was immobilized**. She’s been using Samento for 2 months now – in the beginning I bought her from the 40mg capsules and then she proceeded with the 600mg. **She’s already walking freely several hours a day as though she doesn’t suffer from Parkinson’s; she can take a bath by herself and**

**even wash by hand.** This is a miracle to us!

**My mother has been taking Samento** for a month as well. **Her knees were previously swollen and stiff, she suffered from colitis and years ago she was diagnosed with angina pectoris. Now her knees are better, she is able to squat and the colitis doesn't trouble her.** She recently went to the doctor to have a cardiogram and he was surprised – **there was no trace left of the angina pectoris.** The doctor wanted to see me and ask what I'd been treating them with. I'm very happy for my mother and sister and I'd like to thank you once again about your care for the people who suffer.

Ekaterina Atanassova, Varna

### The Effect Is Striking

As many other people I'd like to thank you for your dedicated attitude toward us, the readers, and to share how Samento helped my children.

**In autumn and spring my children – 7 and 9 years old, suffer from allergic reactions that no doctor can explain. Their faces and arms become covered with pustules, which in a few days turn into festering wounds.** I've treated them with all kind of medicines that the doctors in Yambol have prescribed – but with no significant results. After a while the same processes recurred even most accentuated than before.

And thus for 4 years in a row, until last April I read about the new herb Samento in Lechitel Weekly. After consulting you I started giving to the children Samento 120 mg in the morning before breakfast with a cup of Rooibos tea.

**The effect was striking for in just a few days the wounds began to form a crust and stopped festering.** Everything has now remained behind our backs. This is a truly unique herb because **for almost a year now my children are all right, bearing in mind that one of them is also suffering from bronchial asthma resulting from the allergy and**

**the other one has sinusitis. Since they took that bottle of Samento, they haven't had any bouts of asthma or purulent secretions from the nose.**

May you be alive and healthy in order to bring back people's joy from life!

Slavka Panayotova, Roza village, Yambol district

### Visible Improvement In Scleroderma

Last year in May I wrote you about my rare - for our country – condition: **scleroderma.** You recommended me to use Samento 600 mg. Since I'm not well off, I only bought one bottle of **Samento** and I started taking it with Rooibos tea. And now I'm no longer forced to enter a hospital every 3 months or 3 times a year as before. **The joint pains disappeared, my fingers no longer turn blue and the wrinkles on my face were reduced. I achieved a visible improvement.**

Penka Shopova, Dobrich

### The Pain Subsided On The Third Day

Two weeks ago I got terrible pains in the left knee and went to the doctor. I had an X-ray and it turned out the left knee was affected by **osteoporosis** and the right one – by **arthritis.** The doctor prescribed me expensive medicines. I had read in Lechitel excellent reports about the treatment of various diseases with Samento. I bought from the 600mg capsules. **As early as the third day the pain subsided and I now feel happy.**

Thanks from all my heart!

Tzvetanka Dimitrova, Sofia

### This Herb Helps For A Pile Of Things

I'm 68. My husband and I regularly buy Lechitel Weekly. I'd like to tell you about the result from the use of **Samento.** I



used to have **permanent headaches, pains throughout the body, upset balance, involuntary loss of urine and general weakness. My blood pressure was unstable and my blood sugar was above the norm. Thanks to Samento my condition normalized, my balance improved, the involuntary urine leakage stopped and the pains in my body subsided.**

I'm grateful for your efforts and care towards people. God bless you generously and abundantly.

Maria Suknyarova, Glozhene village, Lovech district

### **More Reliable Than Flu Vaccines And Antibiotics!**

I'm 52 and different health complaints started to appear. I take a flu shot every autumn in the last few years. But despite that I always get sick in the winter and the worst thing is that I'm unable to recover without an antibiotic and injections (when the illness is more serious).

I read in the Lechitel newspaper about the Rooibos tea and Samento 600 mg. When I started taking them, I had caught a cold. My colleagues said, "Let's see if they will help you". And they did – **in a couple of days everything subsided.** I was happy – I had done without antibiotics this time.

A year and a half ago my mother died and owing to the stress **I developed a light form of diabetes.** My blood pressure started rising too (160/95).

**Now my blood sugar levels are in norm and my blood pressure too (130/80). I sleep calmly** and I feel well day and night thanks to Rooibos and **Samento** – **"The herb of the 21<sup>st</sup> century, the only natural remedy that efficiently counters the flu strains in just a few hours"**.

This is absolutely true. And I'll keep taking it.

Katya Gueorguieva, Cherven bryag

### **I'm Happy I Was Able To Help**

I join the numerous readers of Lechitel who address you

with the warmest words. I'd like to share how happy I am I was able to help some friends of mine.

I met one of them at the end of last year – she was barely walking. I asked her, "Do you want me to tell you a cure? If you take it, you'll be "flying" in 3 or 4 days!"

I told her I'd tried it myself last spring. I couldn't dig a single bed in the garden at the time. After I took it, I was able to spend the whole day in the field and the garden.

My friend showed interest and I told her I was talking about **Samento**, which was offered in capsules of 120 and 600 mg. In a week I met her again and she boasted she had purchased Samento and they were taking it together with her husband. "I couldn't put my shoes on and now I walk freely", she said.

She had told her neighbor too and while we were talking, a third acquaintance of ours passed by – and we told her as well. I added that if they took Samento with Rooibos tea, the effect would be stronger. It helped against eczema, sleep problems, indigestion.

They asked me all sorts of questions, including where I'd learned that from. I explained and convinced them to subscribe to Lechitel – I've been a subscriber for 9 years and a half and I'm extremely satisfied with its content.

Stanka Guencheva, Cherny Vit village, Lovech district

### **Samento And Rooibos Instead Of Ampoules And Pills**

In August last year I developed **bilateral bronchopneumonia.** I took antibiotics for 7 days and pills for another 7 days, but the cough persisted. Then I read about **Samento** and Rooibos. I wanted to buy them, but they couldn't be found in my town. I ordered them from as far as Bourgas. I started with a cup of Rooibos and 3 x 1 capsules of **Samento** 40 mg – and I recovered. My nerves relaxed. I started sleeping normally again. I thank to God for creating such herbs and to you – for providing them to sick people.

Gyulten Rizova, Sliven

## My Dear Mother Is Alive!

In connection with the healing effect of **Samento** I'd like to share my story too and express my gratitude to this marvelous person – Atanas Tzonkov – for the opportunity to offer my mother a chance for extending her life.

Since April 2001 she wasn't feeling well: she lost 25-30 kg, **she could eat almost nothing, got heavy stomach crises and vomited**. The echogram and stomach biopsy showed **gastric carcinoma, meta hepatitis ascites cachexia**. Let me add that 26 years ago she has **undergone breast cancer surgery and after a time she developed Parkinson's**.

And thus, on December 9<sup>th</sup> 2001 my father called to tell me that my mother was in very bad condition. I immediately caught the train (I live in Bourgas and my parents are in Peshtera) and at the station I decided to buy Lechitel Weekly, which I hadn't followed for a year, though I was a regular reader before. It wrote about **Samento** and I read it twice until the train reached Stara Zagora. I didn't believe my eyes! I called my son to buy Samento and Rooibos and send them to me in Peshtera at once.

When I arrived, I was dumbfounded with the way my mother looked – she hadn't eaten anything for 4 days, she hadn't taken her lifesaving medicines and she had even prepared her things for the next world. My father and sister were desperate. I mustered all my strength and tried to keep cool until I read them about Samento. My father called me to one side and advised me to call my son and tell him not to spend his money – for my mother needed nothing anymore.

But I didn't give up and started giving her 1 capsule with the tea in the morning and evening. On the third day she was already taking 4 or 5 spoonfuls of sop, soup and juice. When the tenth day came I had to leave but I am glad my mother is already eating by herself, she's not so scared anymore and tries to take a little walk around the room thrice a day. And so, thanks to the miracle Samento, my family had peaceful holidays. Until January 5<sup>th</sup> she was taking 2 capsules daily and although our financial means are not big, I'll buy her one more bottle.

I'm grateful to Samento! And I'm grateful to you, Mr. Tzonkov, for importing this wonderful remedy!

Tanya Gueorguieva, Bourgas

## You Saved Me From The Pains

Thank you for the food supplements you sent me – **Samento** and **Joint X-Factor**.

I've been suffering from **sprains of the limbs** – the left wrist and the right ankle - for years. I was treated but with no success. The swelling on my hand remained – but now it's gone. **I'm folding both my wrists without difficulty. I don't feel any pains. And all that is due to Samento.**

Svetla Arnaudova, Hanovo village, Yambol district

## Health Without Antibiotics!

I lack words strong enough to express my gratitude for what you did for me and my son. Though it isn't over yet, my conscience doesn't allow me to keep to myself the success of the treatment of one of my son's conditions with the products of Lechitel and thanks to your directions.

We followed the valuable guidelines – we made all the tests, including for **Helicobacter pylori** – something no doctor had told us about though my son had stomach complaints. The test proved positive. We complied with your instructions and the positive outcome wasn't late – **the check-up showed a negative result**. The doctors didn't believe he would do without taking an antibiotic. But he did owing to SAMENTO and the ROOIBOS tea: **the stomach pains subsided, the nausea and vomiting stopped and now my son is all right**. We remain with the hope that you'll be able to help us with the other serious problem as well, because you, the editor-in-chief of Lechitel, tell us what the doctors don't – what they pay no attention to, let alone treat it. They prescribe a pile of drugs – poisons that yielded no result for two and even three years.

I'm writing these lines so that through the pages of the

paper my words could reach the thousands of suffering people with similar and even graver problems. I'd like to tell them that Samento is the hope for restoring their health.

Donka P., Elin Pelin

## Samento Brought Me Back My Hope

Lechitel Weekly helped me too. Last year I fell sick and was diagnosed with **breast cancer** at the National Cancer Center. After a treatment with drugs I **underwent surgery** in May. I started postoperative treatment, **radio-, chemo- and hormonal therapy. I had problems with my leukocyte count and I was taking drugs but with no effect.**

In February my leukocyte count was 2400. Then I decided to purchase Cat's Claw (90 capsules of 500 mg), which I finished in a month taking 3 capsules daily.

I had another check-up – and my leukocyte count was up to 3700. That gave me hope that the herb would help me. At the time Lechitel Weekly was already writing about the **TOA-free Cat's Claw – Samento**. With the help of my son I bought 3 bottles of Samento 600 mg. I've already finished the first two taking 2 capsules daily – in the morning and evening – with Rooibos tea. **I feel well**, I've put on weight and, most importantly, Samento brought me back my hope. Meanwhile I've also taken **Ubigold (coenzyme Q10) and Fosfokolin**.

Every week I'm looking forward to the Thursday in order to read the news from Lechitel.

Alexandra Nikolova, Pirdop

## Recovery After A Stroke

My family and I are regular readers of Lechitel Weekly. Your newspaper is magnificent and your work – humane.

I'm writing to express my admiration for your correctness toward us, the readers, and for the products you offer in the Lechitel drugstore chain.

First of all I'd like to tell you about **my mother who had a rather heavy stroke in February**. Soon after that I wrote you, asking for help. I followed your advice. My mother finished 1 bottle of **Samento** 120 mg plus 3 bottles of Samento 600 mg. She was taking the capsules on an empty stomach with honey-sweetened Rooibos tea. Then we continued the treatment with **Gingkomax** and **Ubigold**.

Although a little slowly, bearing in mind the heavy damage, the results are now a fact. **My mother's blood pressure normalized and is now about 110/70 – 120/80. Her memory recovered perfectly and she's more relaxed.** Before the stroke my mother had sleep problems, she was nervous and highly irritable. All this is now forgotten. She even takes a nap at noon. She started to coordinate the movements of her hand, she writes single letters and numbers; she can count and name the weekdays and months, and says quite a lot of words and short sentences – and she used to suffer from total aphasia! **Her condition is improving with every passing day.**

In my opinion (I've got a university degree in biology and chemistry, and understand a good few of these things) Samento has triggered her gradual improvement while the rest of the natural products and the adequate therapy have "supported it persistently".

Ralitza Dimitrova, Yambol

## I Am Now A New Person

I've been subscribed to the newspaper from the very beginning and I read it at one go from cover to cover. It's very interesting and I enjoy everything written in it.

I had read everything about Samento and decided to try it myself, for I've got quite a lot of ailments even though I'm only 39.

I bought Samento 600 mg, Bekavit and Honeybush tea. I finished them and felt very well. Then I ordered by mail two more bottles of Samento and Rooibos tea. I finished these too.

I'm unable to describe the incredible relief I got. First, **I'd been suffering from chronic bronchitis for 10 years** and since I'm a chain-smoker, no medicines helped me. **After I finished the two bottles of Samento 600 mg, no trace remained of my bronchitis. It vanished - as if it had never been there. Formerly I coughed and spat all the time, I couldn't breathe and my breasts were wheezing, and now I feel like a newborn and breathe without difficulty, although I keep smoking.** Unfortunately I'm unable to quit smoking. The **other problem that vanished as well was the constant numbness of my fingers** – I couldn't hold a needle and sew on a single button without having to shake them all the time, and now I embroider and knit all day long.

4 years ago I got seriously ill. I went through all the hospitals in the region, I even went for a scan in Pleven, but they couldn't find out what it was. In the end I was **diagnosed with vegetative dystonia.** I've swallowed up piles of tranquillizers – but to no avail. And after taking the Samento I feel excellent in this respect as well. The dizziness is gone and I'm no longer scared of going out among people. Almost all other symptoms disappeared as well. I am now a new person, for which I am thankful to all the editorial staff and most of all the man who put into practice the idea of importing these wonderful products.

I am now taking the fourth bottle of Samento 600 mg. **Until last year I constantly suffered from colds and rhinitis, but this winter owing to Samento I haven't sneezed a single time in spite of the terrible cold at the moment.** I hope Samento will alleviate my discopathy too, from which I've been suffering for 3 years now. Every time I can afford it, I'm going to buy this wonderful product, because it's a cure-all for me.

Ana Galatska, Galata village, Lovech district

## The Herb That Saved My Family

Samento is the herb given to people by God. It is our salvation. **My husband is 58 years old and suffering from**

**hypertension and diabetes.** In January last year he was diagnosed with a **colon tumor.** All the family was terror-stricken. He underwent surgery but the tumor could not be removed as it had grown into the spine. The doctors made an artificial anus. We sank into the deepest despair. Before the surgery my husband had no strength at all and in the last few months **his legs were stiff and cold.** After the surgery he lost 10 kg. The doctors from the hospital advised us to buy the herb Cat's Claw. We started applying it and then we proceeded with Samento.

We didn't have much faith, for the prognosis was disheartening. We were warned he only had a few months left to live and there was no point in applying chemotherapy. And thus all our hopes were on Samento.

**After only finishing the first bottle – 2 x 1 capsules daily, his condition began to improve. His appetite returned. He started going out in the yard.** My husband was explaining – to us and all the visitors – that he felt a surge of energy. His limbs began to warm up and he wasn't getting tired as before. He was sleeping calmly. He shared all this was owing to Samento.

My husband didn't know the truth about his diagnosis. **Thus he's been feeling increasingly well in the last 6 months. He put on 9 kg and the doctor says his full blood count has become one fit for a blood donor. His blood and urine sugar levels are decreasing.**

We recommend the unique herb Samento to everyone who shares some pain with us. This is our herb – only it, sent by God, has saved my husband even though the doctors' prognosis wasn't hopeful.

Thanks to Lechitel Weekly for helping many people in distress. And thank you for saving my family.

Kina Koleva, Pazardjik

## An Unfulfilled Dream

I love Lechitel Weekly. It is my personal friend – my reference book. I was the first one to subscribe for the year 2002

at our local press subscription office. If Lechitel had existed 29 years ago, my father would still be alive. If I had read earlier about the miraculous elixirs **Samento** and **Rooibos**, my brother would also be alive and well. If I had used these products years ago, I would be healthy now and have a family. I'm 55 – retired due to illness. All I have left is the joy that other people treat themselves with **Samento** and **Rooibos** and recover. When I for one drink Rooibos tea, my blood pressure falls from 190/120 to 130/80. My family doctor ascertained that too. I gave her some tea – to check for herself. She later told me she originally hadn't believed in the tea's effect but after several cups she had become convinced of its miraculous power.

**My still unfulfilled dream is Samento. I join the call and the petition for providing Samento for free by the Health Insurance Fund.**

About Mr. Atanas Tzonkov I can say that he's a highly noble man. A man with a capital M. He's been called upon by the Almighty God to help people. I wish him success! I don't remember what his profession is – whether he's a journalist or doctor – but he's a very dignified person. He gave tormented Bulgaria a face in front of the world. He's worthy of a Nobel Prize!

May you be alive and well, and blessed by the good Providence of God - all of you guardian angels who work for Lechitel!

Lalka Lazarova, Karlovo

## Your Herbs Uplift Us

**A few days after I took Samento, I noticed the "annoying cornicle" on my right eye, which obstructed my vision, was gone. My hair became thicker and I don't lose a single hair anymore. I move much easier.**

I'm presently taking Samento 120 mg on an empty stomach with Honeybush tea and honey, as well as Acerola and Femicaps Easy Life. Except for having changed my image and my view of life, I've built an excellent dynamic stereotype. I've got my weight, diet, exercise, etc. under control. Now I more

and more often look up – to the Musala summit!...

Pravda Istilyanova, Samokov

## Since I Have Samento, I Don't Need A Cane!

Thank you, dear people - Mr. Tzonkov and your entire professional team, for taking care of people like me who are at a loss as to what to do after such a grave disease: **gonarthrosis of the right knee**. I'd like to tell you about myself – how all that happened and how I believed in Lechitel Weekly, whose every issue I buy and read from cover to cover.

In September 2001 I got pains and **swelling** in the right knee but despite all the pain I continued going to work. I work at the hospital in Stara Zagora as a hospital attendant at the surgical block. It was not until February 2002 that I went up to the upper floor to be examined by an orthopedist. An X-ray proved the diagnosis. After that the orthopedist extracted **water from my knee** twice – the first time 20 cc and the second 50 cc. In May 2002 I had arthroscopy at the orthopedic ward, after which I underwent a treatment with Profinid and was released. I was given a 6 month's sick leave. In June-July 2002 I went to the **Pavel Banya** spa but in my first 10 days there the pain was even stronger and spread to my other knee as well. The treating doctor there advised me to get a "walking aide", i.e. a cane, and so I bought one. **Thus I went without a cane and returned with a cane.**

In Pavel Banya I learned about this Lechitel newspaper and since then I started following it regularly but like all skeptical Bulgarians I couldn't believe that this miracle of miracles Samento and the Rooibos tea would help me. However 6 months passed and I had to appear in front of the Regional Expert Medical Commission. I was given one last month (seventh in a row) of sick leave, issued a certificate for a reduced ability to work and told to go to the personnel department in order to be found an appropriate position – but such was not available and I was told that I either had to quit or keep my job at the surgi-

cal block where I've been working since 1985.

And so I had no other choice but to go back to work, but before this seventh month ran out, I went to the Lechitel drugstore in Stara Zagora and explained to the consulting salesperson Mima Lingerova what my condition was. She told me I should start taking **Samento and Rooibos tea**. The first month I took 90 capsules of 600 mg, the second – 60 capsules, and the third and fourth month – 30 capsules.

And so – I used Samento from October 15<sup>th</sup> 2002 until February 12<sup>th</sup> 2003 because I took a credit in order to buy it with the discount coupons offered in the newspaper. I took it for 4 months and I couldn't afford to buy more, but I continued with the Rooibos tea and I've been drinking it at home instead of water up to now. **From the very first month I abandoned the cane and started going to work like all ordinary people.** Formerly I couldn't climb up and down the stairs – in short I couldn't walk. But since then – November 2002 – until today, May 20<sup>th</sup> 2003, I've been enjoying good health, going to work and climbing up and down the stairs without a problem. And I now tell everyone who needs some kind of treatment – take Samento and Rooibos.

If it is possible, I'd like you to publish my letter in Lechitel. Perhaps it could help a lot of people to believe in my newspaper, my Samento and my Rooibos tea.

Radka Piponkova, Stara Zagora

### They Are Gorgeous!

I've been a regular reader of your useful newspaper from its start until the present day. **I used for 18 months the irreplaceable Samento and the Rooibos tea. I am at a loss for words, they are more than gorgeous.** And I'll turn 68 in 2 months. **I've been suffering from kidney stones, heart failure and prostate adenoma. With Samento and Rooibos I feel stronger, younger and more energetic. The pain in the cervical vertebrae stopped, my blood pressure normalized and I expelled a lot of calculi and**

**gravel from the kidneys.**

Boris Ivanov, Sofia

### Not A Food Supplement But A Medicine And A Miracle

What I'd like to say is: please, I tell you the truth, **Samento is not a food supplement – it's a cure, a medicine and a miracle. Whoever has not tried it doesn't know its value.** And we sick people shouldn't mislead others like us (who were not aware of its qualities) that it's a supplement. Nice supplement – a medicine for every condition!

**I got pricked on a rusty nail.** I took Samento 3 x 3 capsules daily. No injections – they are poison! **Just Samento.** I still can't grasp the reason why the doctors, reportedly good medics and professors at that, don't prescribe the patients (especially the heavy cases – suffering from cancer, heart conditions, all sorts of syndromes; men, women, children; patients with AIDS, gonorrhea, etc.) not only Samento but other natural medicines from this series as well.

Angel Andonov, Samokov

P.S. I'd like to see a part of my letter in the newspaper – to be read by those who deceive us they treat us while they actually kill us. They don't search for the cause of the illness. Thank you.

### Samento Saved Me From The Cane

Dear Mr. Tzonkov,

I'm grateful to you and your staff – you offer an invaluable health instruction to the readers of Lechitel Weekly. I gave up reading other newspapers - but never Lechitel! I've been subscribed to it since 1994 and eagerly collecting it in files.

I use the natural products from the Lechitel drugstore: Pycnogenol Strong, **Samento** 600 mg, Rooibos tea, Equilibria biscuits, chewing gums, etc. **I'm most impressed by**

**Samento.** I tangibly felt the good results. **In 2001 I got pains in the left knee and the right hip joint.** I became alarmed that I'd have to use a cane. I began to take Samento 600 mg. **The pains subsided and I was so happy that Samento saved me from the cane.** I used to catch flu every February but in 2002 **the influenza skipped me.** In 2003 it skipped me too. **Mucus used to run down my nasopharynx – and it cleared as well. My blood pressure and my rapid heart beat normalized.**

Maria Peneva, Bourgas

### I Start To Live Anew!

**I've been bedridden for 12 years by rheumatoid arthritis of the joints and muscles.** I have been treated with prednisolone, urbasone and indomethacin but nothing helped. I saved money for 2 bottles of Samento. I was very ill and my systolic blood pressure sometimes rose to 200. I went to see the doctor but he wasn't there and I started taking 1 capsule of Samento 600 mg daily. I had stopped using any other medicines for 6 years, for because of them I had developed diabetes. **Samento cured not only my cold, but my hypertension too.** The doctor came, took my blood pressure and exclaimed, "Well done, very good!"

I've now bought two more bottles of **Samento** and **Rooibos.** I'm taking 2 x 2 capsules – in the morning and evening. **My headache and stiffness disappeared, my vision brightened and I now see well without glasses. My pains became dull. I shall say that I start to live anew,** although I still don't walk – but it looks to me that maybe I shall...

I feel so much like standing up but I have no strength to walk, not even a couple of steps. **The skin on my arms and legs was wrinkled, I had terrible pains and now it became smooth almost up to elbow. So did the skin on my face and the pains became bearable too.**

Mr. Tzonkov, I'm sending you an epicrisis and I would

appreciate if you could give me an advice on how and with what products I should treat myself. **Despite my age I now feel well, free from the terrible pains.**

Dobrinka Jendova, Trunak village, Bourgas district

### The Bleeding From The Hemorrhoids Is Under Control

Mr. Tzonkov, thank you for the valuable recommendations, for your correct guidance and for having insisted on a Helicobacter pylori test. I hope it's not too late. I was aware that things were connected and that we should lay emphasis on the digestive system...

**The bleeding from the hemorrhoids (internal and external) stopped after applying Samento 600 mg and Biomare Immuno in the dosage specified by you.**

I would like to remind that I'm talking about my mother who is 70. **The good thing for me is that Samento keeps her blood pressure in norm as well.** I was also glad the treating neurologist had nothing against the simultaneous use of Diazepam and Samento.

Eli P., Plovdiv

### The Wonder Remedy Helped Us To Our Feet

I'm a regular reader of Lechitel Weekly. I was most intrigued by the medicinal supplement **Samento.** I've taken one 600mg capsule in the morning before breakfast with Rooibos tea for 30 days. **Before that I was feeling my feet heavy and painful after walking for a longer time and now I feel more lightly and walk long distances with greater ease. The constant heaviness in my head accompanied with headaches has nearly vanished as well.**

During that time **everyone at home had rhinitis.** I was giving them a little powder from the capsule for a couple of days with Rooibos tea and you can imagine our surprise when

**the rhinitis disappeared in no time and no one got a fever. So all the family is highly satisfied with the healing action of Samento.**

My neighbor, 84, had severe stomach problems and was unable to eat. He even got bedridden. But after he began to take Samento, as early as the third day he felt well and **started walking to everyone's surprise. And now he's all right owing to the wonder remedy.**

Radka Dobrova, Purvomay

### **I Felt As If I Could Fly!**

I'm retired and my health condition isn't good – **I've had operations for removing a thyroid gland node and myoma nodes, I suffer from hypertension, headache,** etc. I was drinking the wonderful Rooibos tea until now and I felt truly good.

I was reading about the amazing Samento in the newspaper but I couldn't afford to buy it. **A dozen days ago** I received it as a gift from my daughter-in-law and started taking 1 capsule daily. **I felt as if I could fly!** This is really a wonderful product and I would advise everyone to try the miracle Samento.

Vassilka Bratanova, Maluk Izvor village, Lovech district

### **Samento Helped Me Against Allergy And Asthma**

I'm a 70-year-old retired woman with a bunch of diseases. I've been subscribed to Lechitel from the beginning of this year and I'm delighted by it. It's good that we have you. Otherwise one could die "just like that".

I've been suffering from **ischemic heart disease** for 5 years and **allergic and bronchial asthma** for 7 years. **I've got an allergy to drugs,** as well as to dust mites and ticks, linden blossom, milk and God knows what more. I'm not allowed

to consume milk and dairy products, eggs, beans and legumes, cabbage, nuts, seeds, honey, coffee, alcohol, soft drinks, chocolate and chocolate products, and fatty meats, including pork. I keep a total diet. I have a **stone in the right kidney** since 1987 and a **gallbladder stone** since 1994.

I was fascinated by the testimonial of an American nurse, published in one of the issues of the newspaper, and decided to start a self-treatment with **Samento 600 mg – chiefly because of the allergy and asthma.** From September 1<sup>st</sup> to September 30<sup>th</sup> I took 2 capsules of Samento daily, in the morning and evening after meals - and the right time had been before meals. Nevertheless the result came. **In about a dozen days I abandoned the inhalers, which I had used in case of need.**

From October 1<sup>st</sup> I proceeded with 1 Samento capsule and 1 Rooibos teabag daily. My pension is BGN 66.10 (about EUR 34) and I was able to afford only that much until around December 6<sup>th</sup>. During that time I was taking Antistenocardin for the heart and Clinastin for the allergy. By the end of November I started feeling dizzy. I realized it was due to the Clinastin and replaced it with Ketotifen. Last year I had used Peristol as well (all these medicines were prescribed by the general practitioner and the allergist).

On November 7<sup>th</sup> I went to the family doctor for a medical check-up (I hadn't had one since August 7<sup>th</sup>) and she appointed a full blood count and a urine test. She remained surprised by the results. **"You haven't had such good results in years"**, she said. **"What have you taken?"** I replied, "Are you going to scold me? I've used Samento and Rooibos tea for 2 months". "But your condition is very good, why should I scold you? Keep taking them!", she answered.

**I occasionally had a purulent secretion from the kidneys** that made me urinate frequently. (It's not of gynecologic origin because I've had a gynecological examination and tests at the Sanitary-Epidemiological Inspection). **Everything vanished with the help of Samento and Rooibos.** For a week now I've stopped the Ketotifen too. I only take the



Antistenocardin. I'm happy I achieved such results.

From December 18<sup>th</sup> I'll resume the use of Samento and Rooibos, only this time on an empty stomach.

May you be alive and well in order to treat the ailing Bulgarian people and the pensioners like us! I wish you new discoveries and conquests in the field of medical science!

Nadezhda Lazarova, Voditza village, Popovo district

## The Panacea Of the 21<sup>st</sup> Century

A few months ago I got **severe pains in the region of the gallbladder and the kidneys**. For an entire month I was made a series of tests but in the end no diagnosis was determined.

During all that time I was following with great interest the publications in every issue of Lechitel on the herbal product **Samento**. I first bought a bottle from 120 mg and after it another – from 600 mg. I was taking 1 capsule in the morning and evening with **Rooibos tea**.

**The pain in my right side gradually faded, but the most surprising thing was that the strong pain from the bilateral coxarthrosis, which had been harassing me for years, disappeared too.** I previously couldn't sleep for nights on end.

I am happy there's a newspaper like Lechitel and I thank with all my heart to Mr. Atanas Tzonkov who has given a chance to thousands of patients to take advantage of this panacea of the 21<sup>st</sup> century.

Tony Burdarova, Botevgrad

## The Pains Disappeared

I wrote you earlier this year about the problem of my 16-year-old son. He presumably suffers from **fibromyalgia**. In spite of all the tests we still haven't got a conclusive diagnosis. Until February this year my son was complaining of **almost daily pains in the tendons and muscles. For four years he maintained a**

**fever of 37.2-37.5°C. He developed this condition after a measles vaccination at a time when he had already had a chickenpox infection.** (He has been immunized against measles in the beginning of the period of incubation of the chickenpox. This claim has been documented.)

**We have tried many natural products but the only thing that worked was Samento.** Except for the odd transitory complaints, **the pains in the tendons disappeared. We felt as if we'd started a new life.** We had lost all faith in "modern medicine". The constant stress we were subjected to faded away. We stopped the Samento for a month but the complaints reappeared and my son resumed its use.

We have decided that he's going to take it for a year without a break.

Mr. and Mrs. Stefanovi, Varna

## With "Lechitel" I Am Confident About Tomorrow

I've been subscribed to Lechitel Weekly for 8 years. From February last year I've been following with great interest the reports about **Samento**. I started taking to treat a **viral disease** after having read an article in the number 7 issue from the year 2001 entitled "The Secret Of My Recovery".

**I recovered in 2 days taking one 200mg capsule daily.** After that I continued taking **Samento** 600 mg – 1 capsule daily for 3 months – and thus I **normalized my blood pressure and my stomach function. The pain in the knees disappeared (I suffer from exostoses).**

Believe me, I am now much more confident about tomorrow, knowing that there is Samento and people who are so concerned about our health.

I wish Mr. Tzonkov, the editor-in-chief of Lechitel, and all the staff the best of health and may God be with you in your every initiative!

Zlatka Merazchieva, Bourgas

## I'll Continue Treating Myself With Samento

I had a **cancer operation of the right breast** in September 2000. After the surgery I underwent the standard procedures – **2 chemotherapy courses, radiotherapy and then another 2 chemotherapy courses.**

I happened to read about **Samento** in Lechitel Weekly. I asked my treating doctor from the Cancer Hospital in Varna to use it under her supervision but she squarely refused with the argument that it was all being done just for profit and would bring no real benefit.

Nevertheless I decided to begin using Samento. I took 6 capsules daily in the first 10 days and after that proceeded with 2 capsules daily. **There was a significant improvement – I stopped vomiting and started eating normally. I put on weight.**

I believe in Samento and I'll continue treating myself with it!

Veska Moskova, Varna

## Lechitel Always Keeps Its Promises

We moved from the town of Razgrad to the countryside because of the difficult life. Not only is it full of economic hardships but morality is on the edge of extinction.

We learned from the newspaper about the possibility of ordering Samento through the editors' office and we started doing so. We are grateful to you for the big discount and your personal involvement too. We receive both Rooibos and Samento by mail without problems and we wish everyone who helps us health and joy.

My husband is 82. We sent a discount coupon and postal order for **Samento** once again on Monday, for it makes him feel much better. He suffers from **poor irrigation of the brain and moves with difficulty, staggering – but with Samento he's all right. The problems with his blood pressure, prostate and kidneys fade as well. He has undergone**

## two skin cancer operations and he's now in remission.

As for me, 50 years ago I suffered from bilateral tuberculosis with several pulmonary cavities. Owing to God and to medicine I now live a peaceful life. But I used to have **chronic bronchitis with nocturnal bouts**, which was extremely unpleasant. **I only took one dose of Samento and I'm now all right. The arthritic pains receded too.**

I don't know whether I'll be able to express our gratitude for the commitment of your company toward us, the people in need of treatment throughout the country, and for the health Lechitel gives to my family in person.

I've convinced myself that Lechitel always keeps its promises.

We thank you for your personal attention to your readers.

Mr. and Mrs. Popovi, Dyankovo village, Razgrad district

## I Was Desperate And Now I'm Healthy

I've been suffering from **Graves disease for 5 or 6 years now.** I was treated with Methysol, interrupting the treatment twice during that period for lack of funds. I lost 14 kg in 3 months. My leukocyte count dropped to between 2 and 3. I got highly desperate with life. I've also suffered from a heavy form of **rheumatism** (since a child), **discopathy, arthritis and heart failure** (cardiac murmur).

I'm 54 years old and no one in my three-member family has a job. I've been willing to start a treatment with the exceptional product **Samento** combined with the refreshing **Rooibos** tea for a long time but I'd been restraining for financial reasons. In the morning after getting up from bed **I used to suffer from a strong headache, weakness and stiffness of the limbs.** I borrowed some money and bought two bottles of **Samento 600 mg** and **Rooibos tea** – two 40-teabag boxes. I started taking 2 Samento capsules daily – on an empty stomach with the Rooibos tea.

**I felt improvement from the very first month. I am now refreshed and lively in the morning. My limbs are not as swollen as before.** I put on 6 kg in 2 months. And most importantly, **I formerly caught flu and developed bronchitis every winter and I couldn't recover without antibiotics, and now, when I'm using Samento and Rooibos, I haven't fallen ill. The hair loss I used to suffer from is gone, as well as the palpitation. I sleep calmly.**

I'm already a subscriber of Lechitel and I tell about my improved health condition to a part of your fans from my village. And everyone asks, "Can this help against my illness too?"

Todorka Pencheva, Voditza village, Popovo district

### 10 Capsules Against Knee Pains

I'm 85 years old. **I suffer from knee pains and move with difficulty.** I recently started a treatment with **Samento and with just 10 capsules I felt a significant improvement**, for which I'm deeply grateful to you.

Todor Stoychev, Izvorovo village, Dobrich district

### I Got Rid Of The Hot Flashes

A few things could bring joy to the common people nowadays. Your Lechitel Weekly is a real joy to me and all my family, and we're looking forward to it every Thursday. I've been buying it for 5 years now and keeping every issue. I'm deeply touched by the attention you've paid me with your letter that accompanied the parcel with Samento.

When I was 48 the **menopause** set in – a very difficult time for every woman, I'd say, and I have all the typical symptoms. I've used some of your products.

In the last 5 to 6 months I feel the entire right side of my body growing numb and for that reason I decided to order **Samento and Rooibos. My sleep improved and I'm less and less frequently troubled by hot flashes.** I've already

finished half the bottle of Samento and I can't believe **these cases of numbness have decreased significantly.**

Vanya Ralcheva, Ivaylovgrad

### Helps In Hemorrhages Too

I called the editors' office in connection with a relative of mine who was diagnosed with **cervical cancer**. She was hospitalized in November on account of a genital hemorrhage. A few days later the bleeding reappeared.

You told me she had to use **Samento** by a special scheme, as well as **Kromisan** and **Rooibos tea**.

She started with Samento and **on the fourth day she said that the pain in her legs and arms was gone. On the fifth day the bleeding stopped too.**

Rositza Flores, Varna

### How I Changed My Look

I was diagnosed by a neurologist with **vascular disease of the brain and right-side paresis**. In the autumn I got severe pains in the left hip joint and my whole leg went dead. With the help of recipes from the newspaper, ointments and warming the pain has subsided for the time being. **I have problems with my hearing, eyesight and thinking.** I had slipped into an overwhelming and depressive state, and felt in a dead-end situation for 2 or 3 months on end.

I've been subscribed to Lechitel for 4 or 5 years and when it started publishing the articles about the ROOIBOS tea and SAMENTO, I ultimately made up my mind and ordered these products. **I've nearly finished an entire bottle of Samento and I can confidently say that I'm now a different person. With every passing day I'm feeling more and more strength and high spirits.** My relatives and friends who know about my illness are asking me **how come I've changed my look** and where I have found the strength to even walk to the

garden.

May God give you health and strength, and may you help the poor and elderly Bulgarians in need.

Mara Bulanova, Fakia village, Bourgas district

### I Feel Elated

I'd been having a lot of health problems since last year's summer. Old complaints reminded of themselves and new ones appeared. I used medicines and herbs but there was no result. I panicked. Then I turned to Lechitel, sharing with Mr. Tzonkov all my problems and asking for help. I'm infinitely grateful for his guidelines, concern and timely response. Although he's very busy, he finds the time to reply to our inquiries.

**I'd been suffering from insomnia** and there were cases when I couldn't sleep a wink all night. **My blood pressure was very low – 75/45, 80/55, and I felt fatigue and weakness.** I started taking **Samento 600 mg** – 2 capsules daily on an empty stomach with Rooibos tea in the morning and evening.

From the very start I noticed positive results. **My blood pressure normalized, my sleep improved. After using Samento my rhinitis disappeared too.** Before my nostrils got stuffed up one after the other, especially at night – I couldn't breathe normally, I got palpitation and all that resulted in unsound sleep. **Everything passed as if it had never been. The pains in the right arm, joints and waist – I have bilateral spondylarthrosis – subsided.** And I don't lose hope while I keep taking Samento and Rooibos. I previously had kidney problems – **pyelonephritis, frequent urination, cystitis. The effect wasn't late.** The **headaches** I used to have – most often by the left ear – **faded away.**

**I feel elated, I regained my strength.**

Thank you for providing us with the wonderful teas and botanicals. Whoever wants to have a long life and enjoy good health should read Lechitel Weekly and take Samento and Rooibos!

Margarita Targova, Varna

## You Brought Back My Family's Health And Joy

Thank you, Mr. Tzonkov! Thank you, Healer!

I don't know whether I'll be able to express my admiration and especially my gratitude to you! I lack the words and besides they are helpless to express what I'm feeling to you - probably the same as all the other people who have restored their health and felt the effect of the miracle **Samento**.

**I'm 29, a nurse by profession.** The miracle has entered my home as well. **My husband has been suffering from psoriasis for 19 years**, but there always was "a calm before the storm". Nothing helped. Until one day I took the newspaper (I was buying it regularly but I'd stopped for a while). You wrote a lot about the virtues of Samento at the time. Frankly speaking, I approached the matter with distrust. First of all we nurses aren't well paid. Furthermore we have to pay the rent for the flat and my husband has been unemployed for a while so I hesitated quite a lot whether to try the herb or not. It remained as a last resort. Yet in the end of November 2001 I bought a bottle of Samento 600 mg and Rooibos tea. I started giving him 2 x 1 capsules in the morning and evening with the tea. Now he only takes 1 capsule in the morning before breakfast. And the miracle happened! **The plaques began to come off the skin and we could see a new and clear baby skin appearing in their place.** The typical buildup of flakes disappeared. And the scalp began to clear too. **My husband keeps taking Samento and he's feeling much better, full of energy and faith.**

Can you imagine what you've given to this person, my husband! **You've brought back the meaning of life to a young man.** Wherever he went, his inferiority complex always haunted him.

I started taking too 1 capsule of Samento 120 mg with Rooibos for prevention. I feel excellent.

I'm deeply grateful that we have you. Thank you for bringing back my family's joy and a tormented young man's happiness. We both wish you new successes and a lot of happy

faces, which have tried the miracle of the 21<sup>st</sup> century – Samento!

Iva Vassileva, Sofia

### The Result Is Incredible

In a couple of years I underwent a very heavy operation and experienced a lot of stressful situations but I didn't fall into despair. I started using **Samento** and took it for 3 months on end with **Rooibos** tea. **I quickly recovered. The stress in my solar plexus was eliminated, the lump that was stuck in my throat disappeared and my nerves calmed down.** Some of my friends started taking Samento for **lowering the blood pressure** and the effect is truly great. One of them suffered from a hormonal imbalance due to stress and psychic tension. **Her hair started falling.** She was regularly taking **Samento** for months, as well as **Biomare Immuno** and **Epamar Strong**. The result was incredible! **My friend's hair grew more beautiful still and even slightly curly.** We were all very happy.

Zorka Mineva, Karlovo

### I No Longer Have Psoriasis!

I learned about this miracle **Samento** from a relative of mine who lives in Belgium. She receives and keeps every of Lechitel Weekly. So I read a lot about the miracle and made up my mind to give it a try.

**I was suffering from psoriasis. I had sought advice from numerous renowned skin specialists but there was no effect.** Everyone told me I should keep a diet – including Dr. Dimitrova whose ads I have seen in your newspaper, but the effect was always temporary. **For two years and a half now I've been regularly taking Samento with Rooibos tea – and the miracle came. Without any diets I no longer have psoriasis** but I keep taking Samento. I take 1

capsule daily for 3 months and then I make a break for a month. While I can afford it, I shall keep buying it. **Besides the psoriasis I have been relieved of all my joint pains. Now I feel even more energetic, lively and cheerful.**

I'm 59 years old...

Thank you, Mr. Tzonkov, and may you be alive and well – you and the entire editorial staff, to continue treating our so impoverished nation.

It's a shame they refused to believe in the miracles worked by **Samento** and to check it for including in the list of the Health Insurance Fund – so that more people could afford it.

I wish you to be healthy and continue offering life to people. God protect you!

Dimitrichka Miladinova, Varna

### We Are Lucky To Have You

Dear Mr. Tzonkov,

I've been following for two months your directions for the **treatment of glaucoma**. I've been taking 3 times Samento, 2 times Acerola and 2 times Visio Balance daily. With great satisfaction and sincere gratitude I'd like to share that as a result:

- **my blood pressure stabilized;**
- **my allergic rhinitis**, which tortures me all year long (allergy to cold as well as to certain chemicals, detergents, etc.), **was relieved considerably;**
- **I became more vital and fit for work**, and to me this is very important;
- **I had no crises and pain in my eyes** even when I lowered the dosage of the drops in the beginning.

As you advised me, I repeated the blood tests. I'm very happy that thanks to you the **Helicobacter pylori** count has dropped from 60 to 20. The cholesterol levels have fallen as well. I'm sending to you the results.

We are lucky to have you! Your care and dedication

towards people is a beam of light in our rather dark present.  
With faith and infinite gratitude,  
Makruhi Asarlukyan, Plovdiv

### **My Blood Pressure Normalized**

Dear Editors,  
I'm 60 years old. 5 or 6 months ago my blood pressure started fluctuating – 140/90, 150/100. I decided to go to the doctor for routine tests (blood, urine, echogram). My blood count was good, I had a 6-mm stone in the left kidney and my liver and prostate gland were slightly enlarged. The doctor prescribed me a pile of medicines. On my own head I decided not to buy anything and started taking **Samento**. After finishing the second bottle **my blood pressure began to normalize and fell to 120/80-120/70**. It presently maintains this level and I keep taking Samento.

Gueorgui Petrov, Aytos

### **Better, Better Still, Very Well**

Hello, dear editors and Mr. Tzonkov,  
I'd like to thank you with all my heart for helping people. I want to tell you about my husband who in the winter of 2002 fell sick **with a 39.5°C fever and blood spitting**. We went to the hospital where he had the necessary tests and was diagnosed with **chronic bronchitis**. He was hospitalized for 20 days and upon returning home he was feeling very weak and his condition worsened day by day. He didn't feel like getting up from bed – **he was so feeble he didn't have the strength to rise**.

I read in the newspaper about the miracle Samento and decided to buy a bottle. We sent a discount coupon, received the product and he started taking 1 capsule daily. After the first bottle he began feeling better. After one more month with Samento he felt better still and now he's very well, although he smokes 2 packets of cigarettes a day... I enclose his epicrisis so that you

could see it and, if there's a need, help me with something.  
May you be alive and well, and God protect you.  
Stoyanka Anastassova, Sinapovo village,  
Haskovo district

### **The End Of Hypertension**

Hello, Mr. Tzonkov,  
I'm a regular reader of Lechitel Weekly. I buy it every Thursday and I don't put it down until I've read the last page. I find it very interesting and important things. I constantly learn how people get cured thanks to you and your divine herbs.

In December 2002 my husband got a very **high blood pressure** and we decided to try **Samento** and **Rooibos**. He took Samento for two months and **that was the end of his hypertension**. His blood pressure normalized – 130/80, in contrast to the previous 180/100. Thanks, Mr. Tzonkov – to you and your entire staff! God bless you and give health to you and your families!

Todorka Krusheva, Yagodovo village, Plovdiv district

### **We Cured The Colitis As Well As The Allergy, Hair Loss And Herpes Simplex...**

Hello, Mr. Tzonkov,  
Let me recount our whole agonizing experience that ended with our visit to you. I regret so much having turned to you and the wonderful Lechitel team only in the last place. But let that be a lesson to many other people.

I'm not subscribed to the newspaper because I spend every summer in a small village near Tryavna where I own a very old house. Every Thursday either my son or I walk on foot in order to buy it. I don't miss a single issue! My paper even circulates from hand to hand among the people in the village. I share the recipes from it with many people. I think I'm indebted to you, Mr. Tzonkov.

Let me now recall to you our problems: **my son had**

**bad breath and stomach complaints.** Each time after the normal defecation he had bowel movements 2 or 3 more times, 10 minutes after finishing a meal. The tests we had done before had showed **colitis**. When we made the basic tests requested by you in your laboratory, **the Helicobacter pylori test proved positive.** I'll always remember the kindness of your lab assistants and the warm reception at your office. I received an answer with the necessary treatment instructions in a surprisingly short time.

There was a big discount for Easter in your drugstores and I bought in Rousse 10 bottles of **Samento** at once. **In a week's time my son's bad breath was gone and the stomach pain and other complaints disappeared as well. On the second month from the beginning of the treatment we had H. pylori tested once again and the result was negative.** Then I decreased the dosage and in one month he'll proceed to taking just 1 capsule in the morning.

As for me, **I've been tormented by a dry cough for 5 years** and I know **I'm allergic to linden blossom and dust mites.** In my case the treatment with Samento by the scheme prescribed by you took a little longer but I simply hadn't realized **my cough had stopped.** And I believe you can imagine how one feels coughing all the time, especially in winter and all night long.

Without even noticing, **I started sleeping calmly.** I hadn't slept for a year and a half – I was in stress. **My hair fell and my head crown started growing bald.** Along with the treatment **I rubbed a little Rooibos into my hair roots** whenever I remembered to. **Despite my age my hair now is even thicker than before. I also suffered from herpes simplex outbreaks that used to appear frequently in different places but have now disappeared. And I maintain my blood pressure at acceptable levels!**

Mr. Tzonkov, all the big words will not be enough for you and your excellent team – this is the new approach to man, the ailing man at that!

The first thing I read in the newspaper is the readers'

letters and then I learn so much about rare diseases, though **I have a 40-year experience as a nurse.**

As far as alternative medicine is concerned, my family doctor doesn't even have a clue, let alone be able to give me an advice. Her answer with respect to our treatment is, "well wonderful, you've got rid of the problems" – and that's all.

Finally I'd like to express my gratitude in a child's manner – bowing to the ground! This is the deepest gratitude the way I understand it. If it wasn't for you, Mr. Tzonkov, and your team, God knows for how long I'd delay the treatment. There's nothing else to say except a big THANK YOU!

Guenoveva Yankova, Rousse

## My High Spirits Are Back

My primary condition is **stomach ulcer accompanied by spastic colitis. I also suffer from chronic pharyngitis, chronic conjunctivitis, headache and sinusitis.** I feel a general weakness of the body due to the extended use of synthetic chemical preparations for the treatment of said diseases.

I accidentally learned from a friend of mine about the food supplement **SAMENTO**. After I read all the issues of Lechitel that wrote about it, I decided to buy it. I purchased Samento and Rooibos tea. So far I've taken 28 capsules from 600 mg – 1 capsule daily, and I've been drinking 1 liter of the tea made with mineral water every day.

**I felt very well. My blood pressure stabilized – 125/85. The stress subsided, my nerves calmed down and I sleep soundly. The headache and tinnitus disappeared, as well as the secretion I had, scant as it was – I was operated from cholesteatoma at the Queen Giovanna Hospital in Sofia in 1999. The nausea, weakness in the knees and tiredness are gone.** My previous high spirits are back.

Kina Fotinova, Plovdiv

## The Myoma Is Gone

In the year 2000 I was diagnosed with **myoma of the uterus**, 7 cm in size. The doctors advised me to wait for 6 months and go back for a check-up. I was seriously worried by the fact that they didn't prescribe any treatment.

I had read about **SAMENTO** and consulted the shop assistant at one of the Lechitel drugstores. She gave me a detailed explanation of its beneficial action and recommended a dosage of 3 x 1 600mg capsules daily. I took it for 6 months without a break. Then I went to a doctor who made me an echogram and found out **the myoma had shrunk by half**.

That made me take Samento with even bigger hope and in 7 months I had another check-up. To my biggest surprise **the myoma was gone!**

Vanya Metodieva, Sofia

## 7 Years After Being Diagnosed With Breast Cancer

Exactly 7 years ago I was diagnosed with **breast cancer**. I was 47 years old and I didn't know what hopelessness was. To me it wasn't just the diagnosis: cancer. It was the early winter of 1996 - a time when Bulgarian hospitals lacked the most basic supplies: anesthetics, dressings; and the medical equipment at the National Cancer Center – the biggest specialized clinic in the country – was out of service for 3 months. The costly medicines were only provided now and then through international humanitarian aid.

The hopelessness and will to life made me pay attention to other patients' stories and look for the "healing Peruvian miracle" – people passed from mouth to mouth the address (of a flat in an old Sofia quarter) where one could buy the Peruvian herb Cat's Claw. At a "stiff price", with no quality certificate... In short, we were then buying the food supplement with blind confidence from an unknown importer, com-

pletely "illegally". Thank God that 2 years later Lechitel imported for the first time at a normal price and perfectly legitimately this so precious herb for thousands of people with diseases.

That was in short my "**before Samento**" story. For 3 years now Samento has been an invariable part of my life. I take 1 capsule daily in the autumn and winter and it protects me from the flu viruses as well. I'm feeling fine. Why did I choose exactly **Samento** when our market offers countless food supplements?

Because Samento is in plain sight of everybody: its official distributor for Bulgaria is the company publishing Lechitel Weekly for 12 years. But Lechitel not only is the most popular Bulgarian newspaper for traditional and scientific medicine. To me and a lot of my friends and acquaintances Lechitel is long since above all a source of information – the latest and most useful one – from all parts of the world. And most importantly perhaps – Lechitel is a guarantee for quality products. This guarantee is giving me a sense of safety.

I would be a lie if I told you that 7 years later I'm no longer afraid when I go for an annual check-up at the Cancer Center. I sometimes need a few weeks to muster courage. This September I deliberately chose September 17<sup>th</sup> as the date for the medical check-up. This is the Day of Sofia – my city of faith, hope and love.

I enclose copies of my echograms – they are normal. I'll continue taking Samento and tell about its qualities at every opportunity – not only to the sick but above all to the healthy, the young girls and boys around me, because I am long since convinced that we have to take care of our health during all our lives and the best way to do it is with **high-quality natural products like Samento**.

I extend my thanks to the courageous team of Lechitel!

Maya Guenova, Sofia



## As Long As You Are Here, I Am Not Afraid Of Illnesses

I'm happy that we have a Lechitel drugstore in my town Bourgas. I used to fall sick often in the past but now I'm in good health thanks to you. We eat a healthy diet in my family and though I'm not working, I afford to go to the Lechitel drugstore now and then, for I prefer to protect myself from illnesses than pay to treat them afterwards.

Many Bulgarians became convinced of the healing properties of Rooibos tea but I shall write for the sake of those who are still not familiar with them. Some praise the Bulgarian herbal teas – I don't deny their healing effect but the **wonderful Rooibos** far exceeds them with its fast and efficient action. We use it regularly. It protects us against colds and flu. In the morning I tear up the used teabag and rub my face – the skin becomes smooth and soft. In case of eye inflammation I cover the eyelids with two used cooled teabags. I suffer from hay fever. I sniff up strong Rooibos tea with both nostrils from the cup of my hand and the sneezing and rhinitis stop at once. And last but not least, when used before bedtime Rooibos helps us relax and have a better sleep.

I'd like to express my admiration for **Samento** too. The fact that it helps against the flu, arthritis, asthma, diabetes, etc. – and especially against the up to now incurable deadly cancer – is simply fantastic. I've had acquaintances who died of cancer. I don't understand. When people see official medicine is helpless, why don't they try something else, take matters in hand? They merely resign without searching for information, without reading!

We are healthy thanks to your newspaper and our desire to inform ourselves of every new natural product.

This autumn, when there was some viral outbreak, a lot of children got ill – including my daughter. Apparently her immune defence had grown weaker and **she got a very bad cough and fever**. She was seen by a doctor but instead of the pharmacy I went to the Lechitel drugstore. The girls there are

very kind and know what to recommend. I bought Samento 40 mg and a herbal cough syrup. I began to give my daughter 20 mg of **Samento** in the morning and evening **plus Echinamax**. **In just 2 days the child felt better** but I kept giving her Samento for prevention. I am very satisfied!

I'd like to tell everyone – don't use antibiotics before you've tried the products of Lechitel! With them you'll recover much faster and without harming other body organs with chemicals at that. I'm not afraid of illnesses as long as there's Lechitel. I hope more people will take an interest in the novelties so that we would be healthier – because there's nothing more precious than health! It's wonderful that some Bulgarian doctors have opened their eyes and begun to treat with the food supplements offered by Lechitel.

May you be alive and healthy – all of you who work for the newspaper. I congratulate Mr. Tzonkov for everything he's done and keeps doing for our health.

Nina Todorova, Bourgas

## God And *Lechitel* Saved My Husband

Hello, dear people,

I'd like to share with you my pain and joy. On May 25<sup>th</sup> my husband underwent an urgent operation – **colon cancer with multiple lymph nodules like a rosary in the abdominal region and a 3-cm tumor in the liver**. The surgeon said that if he managed to survive the operation, he would have 1 year left to live. I was desperate. The doctor told me, "Try everything you hear". It was 3:30 am. In the morning I went out into the yard and wept. My neighbor Stoyanka heard me and asked me what happened. "I'm losing Stoyan", I replied and told her everything. Her answer was, "Don't cry, he's still alive! There's a way of helping him. According to the doctors my cousin Rayna had 6 months left to live but she's still alive. She underwent a gynecologic operation and had metastases in the spinal column. Last week she went for a check-up in Rousse. She's healthy

again! The doctors told her her case had been the worst of all the rest at the time but the others had died while she was all right. They were amazed. THE MIRACLE LIES IN SAMENTO. She had taken many other herbs too – nettle, marigold, yarrow, as well as aloe with honey and wine.”

As early as the next day I went with my daughter to your drugstore in Gabrovo and bought **Samento**. On the third day we started giving my husband 2 capsules daily with a nettle, yarrow and marigold infusion. **He began to recover very quickly and wasn't even feeling pains on account of the surgery.** He told me the doctors and nurses were impressed. I forgot to tell you that his colon had been pulled outside the body. I went to ask the nurses how to remove and change the bags. I told them I was giving him **Samento** and **Rooibos** and they answered I was wasting my time and pouring my money down the drain. It was all over for him, he couldn't be treated, they said. He stayed at the hospital for 13 days.

**2 weeks later my husband started putting on weight and the color returned to his cheeks.** Before that he was very lean and pale. He started feeding well and recovered his strength. **In a month the result became apparent. My husband was a normal man again – he put on flesh and started looking younger. He sleeps soundly, works and his nerves have calmed down.**

My husband didn't know about the lymph nodules and the liver tumor. I didn't let the doctors tell him. And I didn't allow them to apply chemotherapy. All that helped. One day I went to Dr. Mihov because the artificial anus was bleeding and he asked me how he felt. I answered, "Very well! He's eating, sleeping and feeling calm". We made a blood test and it was OK. Dr. Baeva made an echogram – the lymph nodules were gone and the tumor hadn't changed in size but she told him that he had a liver tumor... I sunk into the ground while I listened to her. I'd warned her not to tell him. My husband fell into despair, got a headache, lost his sleep – he only turned in bed and moaned. I was preparing him for an operation. Dr. Kourteva, an oncologist from Sofia, examined my husband and asked me what I treated him with

because she saw he looked good. He answered her for me – with herbs. I dared not tell her about Samento and Rooibos because they don't believe. Dr. Mihov also told me I was wasting my time. The doctors appointed a CAT-scan. One day, while I was making him a compress with Swedish Bitters, my husband told me, "Honey, you'll see there's nothing wrong with me. I feel healthy and the surgery will not be necessary". And he proved right! The scan showed an enlarged liver with a homogeneous texture and a slightly decreased density. The family doctor explained **there were no growths (granules)**. When I went to see Dr. Mihov, that's what happened: he read the conclusion, examined the scans, read what was written and looked at me highly astonished. "Is that true?", I asked him. "It's 90-95% true. Whatever you've done up to now, keep doing it". He wants to have my husband's artificial anus removed by the end of the month.

I pledged to God that if He should help me cure Stoyan, I'd write to you in order to help other patients as well because they are many. He heard my pledge and was showing me the way that I should follow. Believe me, this is all true. I bow my head to you with love and gratitude, for if it wasn't for Samento and Rooibos, I wouldn't have achieved those results.

Bonka Hristova, Gabrovo

## You Create Health And Give Out Hope!

Hello, dear people – all of you who work for our favourite newspaper! In writing these lines my soul is brimming over with thankfulness to you and I express not just my gratitude but that of all the people who have been touched by your caring, attentive and encouraging hand through the pages of the newspaper. Of all the people to whom you have infused strength to withstand diseases and given hope for a better and higher quality life. Of all the people who have received invaluable recommendations and advice – and, more

importantly, felt your sincere and genuine desire to **listen** to their pains and **help** them in their helplessness and desperation. Thank you on the part of all those who have chased away the pain and suffering by following your sensible and wise instructions, and using the life-giving **harmless** products and remedies offered by you. Thank you on the part of all those who keep enjoying life despite the cruel “verdicts” of the doctors whose reputations lie on a multivolume medical literature, longstanding medical practice and various guides to the latest and “efficient” drugs. (I make a parenthesis here to share that profound knowledge of anatomy and medicine is not a guarantee for putting the correct diagnosis – doctors don’t usually search for the underlying causes of the patients’ conditions but “treat” the consequences. The longstanding medical practice, instead of making the doctors more humane, considerate and open to the people’s pains, is turning them into white-collar workers – scribblers concentrated on the correct filling in of the insanely encumbering documentation; and the “efficient” drugs we are buying and taking with hope unfortunately often don’t work, not to mention that some of them have murderously harmful side effects.)

Kind and helpful people, I’d like to thank you also on the part of all the readers of your – our – **precious Lechitel** for being there for us! We, the readers of Lechitel, are aware of the highly ethical task you’ve set yourselves, which is to use the pages of the newspaper for educating the tormented Bulgarian people and making them believe that health is a gift from God but at the same time rethink their way of life, habits and values, which would lead to radical changes aiming to preserve and improve the invaluable wealth that we all take for granted and do not appreciate until we lose it.

The reason to write you was the excitement I felt after reading the letter of Bonka Hristova, “God and Lechitel Saved My Husband”, in No. 51 from 2002. It was so sincere, with incredible emotional intensity and brimming over with genuine feelings: happiness, love and gratitude.

And though we more often turn to you for help, all of

us – **the huge Lechitel family** – appreciate what you’ve been doing so selflessly, wholeheartedly and tirelessly, with great patience, love and humanity for 12 years now, which is to help people and infuse their souls with warmth, comfort and hope. Your immense efforts make us, the common people, believe and hope that the healthcare in our suffering country is not a lost cause.

May God open up the senses of the high-ranking people’s representatives so that they realize the time has long since arrived for official and traditional medicine to start working hand in hand in their highly humane mission: to preserve, improve and protect the health of every single person and the entire nation. They should also understand that **instead of covering the cost of expensive treatments for a number of terrible conditions, the Health Insurance Fund should include in the list of the medicines provided for free an elixir of health and youth called SAMENTO**. And the medical students – the future doctors – should be taught first of all not how to treat the “dreadful” diseases but what to explain to people and how to advise them with regard to their diet and their way of life so that they wouldn’t have to be treated from such “dreadful” diseases.

It is worth the effort, dear people who work for this philanthropic cause! Your tremendous efforts are not in vain! Every day they are crowned with the grateful reward and the blessing of more and more people who have recovered from their sufferings, forgotten the pains and regained their joy from life.

Keep doing it! Keep creating health and giving out hope and God will reward you!

All of us, the readers of Lechitel, wish you with all our heart health, joy and happiness at the personal level and strength to continue your life-giving work!

Galya Stoynova, Sofia

## Samento Is The Miracle Of The 21<sup>st</sup> Century!

Every day we discover for ourselves and experience some of the miraculous healing properties of the herb of the 21<sup>st</sup> century.

One day my elder daughter came back from work with a **38.5°C fever**. I don't know whether it was flu or some other viral disease but it was obvious that **she was growing feverish**. Her sister and I advised her to take **1 capsule of Samento 600 mg with Rooibos**. We always have freshly prepared Rooibos tea at home and we drink it instead of water. We always have Samento too – at least one bottle.

We were greatly astounded by the result while my daughter was taking her temperature every 30 minutes. The fever was, one could say, visibly subsiding. **In an hour and a half her temperature normalized, with no drugs at that.**

**Samento brought down the fever!** This wonderful herbal product is unrivalled. I lack words strong enough to express my admiration.

Margarita Dimitrova, Veliko Turnovo

## Thanks To You I'm Still Alive

Mr. Tzonkov, I bought **Samento 600 mg**. I took 2 x 1 capsules in the first 3 days, 2 capsules in the morning in the next 3 days and then, until finishing the rest, 1 capsule daily with mineral water or Rooibos tea 30 minutes before eating. **I now feel very well, I've got more strength**. I had fallen into despair and was waiting to die but **thanks to you I'm still alive**. I had no strength to walk and when I sat down on the ground I couldn't stand up and crawled to some near-by tree to get hold of it in order to be able to rise to my feet. I couldn't get on the bus on my own, people had to lift me. Where that weakness went I don't know. I am now much better. All this happened thanks to you.

Gueorgui Tzenov Gueorguiev,  
Malo Peshtene village, Vratza district

## The Best Thing Our Nation Got In 2003

Hello, Mr. Tzonkov,

Accept my most sincere thanks for the wonderful present – the book Samento: Health for Everyone. (The first edition of the book in Bulgarian appeared in October 2003 – Editor's Note.) This book and this herb that point the way to real medicine, health and happiness for people is the best thing our nation got in 2003.

I welcome you, Mr. Tzonkov, for this noble mission. May you be alive and well, and blessed by God for the good deeds you do for our wonderful Bulgarian people.

Accept a thousand thanks and wishes for health, happiness and success on the part of all my family, relatives and friends who follow with the biggest interest everything connected with our most beloved Lechitel Weekly.

**Samento, Rooibos and Honeybush** – this is the greatest combination for health for every man on Earth.

I dissolve and take one capsule of Samento 600 mg in a cup of Rooibos tea every morning in the winter months. I sometimes mix Rooibos and Honeybush tea. They make a drink with an excellent fragrance and taste. I sweeten it with honey and dissolve 1 capsule of Samento 600 mg. I stir this splendid cocktail and drink it. I'm lively and full of energy all day long.

V. Vulkova, Zlatitza

## God's Remedy

I've been taking the miracle remedy **Samento** for 14 months without a break. I live and work with the help of Samento. I experience the pleasure of the wonder-working properties of this remedy of God.

I'm simply stunned and it's difficult for me to describe to you everything about its beneficial action on people's health.

I'm a regular subscriber of Lechitel Weekly. I read everything published in it from beginning to end. It's a pleasure to

read it and enjoy the way readers describe everything about the healing qualities of our-your Samento. I envision myself in their ranks, for I've experienced everything they write about.

I confirm everything written in the newspaper and recommend to our followers to use Samento and Rooibos constantly at regular intervals. In 6 months or a year at best they'll realize what Samento plus Rooibos means.

A lot of people – even the doctors who were die-hard opponents of herbs, now, when they saw there is no other way, started joining the fans of Samento.

I shall only pray to God that you and your staff be alive and well so that we can hope for a healthy life.

Ismail Mehmet Ayvazlu, Fotinovo village, Kurdjaly district

### **I Recovered In Just Three Days!**

Dear Mr. Tzonkov,

I'm writing you these lines with a lot of love and respect. I'd like to share with you that **Samento** is the panacea of the 21<sup>st</sup> century.

Black pustules resembling warts but with scabs appeared on my back and arms. I started taking Samento with Rooibos and Honeybush tea while rubbing Samento dissolved in Rooibos on the rash – and everything was gone in just three days.

I'm thankful there is such a lovely newspaper and people like you who help the impoverished ailing Bulgarians.

God bless you!

Tzvetana Gueorguieva, Malinovo village, Lovech district

### **I Cured The Cysts In My Breasts**

Hello Mr. Tzonkov, I allow myself to address you like that because what happened to me and my family makes me feel you as a close person. Thanks from all my heart.

I realized that there are still good people in this world who want to help others. That's what you do with Samento.

I had **cysts in both breasts** and I felt them tense and tender. I started taking 2 capsules of **Samento** daily with **Rooibos** tea - after having read about them in the newspaper, and I later bought the splendid book about Samento that's a real gift for all Bulgarians. May more of our fellow-countrymen read it and help themselves. I for one recommend it to all my relatives and friends whom I know to suffer from some kind of pain.

After I took the herb for 1 month, I had an echogram done. **The cysts were almost calcified** and I felt well. The doctor who made the echogram was surprised - and grew even more surprised when he heard about the life-giving herb that helped me. My husband's **blood sugar** used to be 6.70-7.20 and now it **dropped to 4.60** without taking anything else except Samento.

I sent the book and 2 bottles of Samento to my daughter in Germany. She called to tell me that after **my granddaughter (14 years old) caught a cold and got a fever, she took 1 capsule of Samento in the morning and evening and felt much better. The fever subsided and the rhinitis disappeared.**

Kichka Ivanova, Bourgas

### **The Flu Stays Away From Us**

I used to suffer from **stomach and duodenal ulcer** but the gastroscopy I had last year showed it was calcified – thanks to **Samento**. I've taken 6 bottles together with **Rooibos tea**, which is used by all my family. **We haven't caught a flu or cold for 2 years now – once again thanks to Samento!...**

Fina Staleva, Gorna Oryahovitza

### **I No Longer Limp!**

Hello Mr. Tzonkov,

A year ago I was registered at the dispensary (I've been suffering from **coxarthrosis** for 7 years and **osteoporosis** for 1 year). I took expensive medicines for 3 months but with no effect, the pain in my waist wasn't stopping. I'm very happy I got in touch with you and I sent you all my tests. You replied to me right away and recommended **Samento, Rooibos tea and Osteomax**. I took them from May until the end of August. I followed your scheme and I already **feel like a new person. I'm able to work and my waist no longer hurts. The tingles disappeared and I walk for a long time without limping.**

Vlada Dobрева, Sliven

### **I Want To Be With You Till The End Of My Days...**

Hello Mr. Tzonkov and the whole Lechitel team!

I'm very satisfied with your products **Rooibos** and **Samento**. They gave me the chance to continue living in this world that I'd otherwise depart from. I want to be with you till the end of my days. I now **breathe easily** and **my pains subsided** but I suffer from exostoses in the coxofemoral region, one of my legs is shorter than the other and I have difficulty walking. Yet without the pains I feel much better.

Kolyu Dotev Petrov, Batoshevo village, Gabrovo region

### **I Believe Samento Leads Us To A Turning Point In Medicine**

Dear Mr. Tzonkov,

I'd like to thank you from all my heart for your answer to my letter and shortly describe my condition now that I take the miraculous product **Samento**.

There truly is a **big healing effect**. I take 1 capsule in the morning and evening on an empty stomach. I still move with difficulty, with a walker, but I'm much more stable than before.

The previous **headache** that tortured me daily (in spite of the pile of medicines I'd been taking) **disappeared. The edemas on my legs subsided and I no longer feel the lower limbs as cold as before. I sense lightness in the whole body.**

I hope and believe that we're really nearing a crucial turning point in complementary medicine in the 21<sup>st</sup> century and the patients like me who seek the way to health shall realize this, as well as healthy people!

Thank you!

Dina Mitzova, Plovdiv

### **“Lechitel” Sets New Standards In Therapy**

The big news is the appearance of a book about Samento. Brilliant intentions of the editors and a huge chance for Lechitel to make even more people – ill and healthy – see the truth about the newspaper and Samento. The time has come for us patients as well to do the necessary for Lechitel by responding to the call for sending evidence and letters so that the book could become convincing. Every one of us has something to offer as a proof of the infinite and universal healing power of Samento. And there are many of us whose life has been saved by Samento and to whom it has given health.

I've often asked myself who are these people that so perspicaciously, in detail and on a large scale have planned, designed and created this unique health institution Lechitel with a broad spectrum of activities but all subject to one fundamental purpose – the treatment of ailing people with natural remedies. But how? Lechitel dives into the deep waters of the unknown, walks the untrodden paths of innovation and after having accumulated long years of experience and surmounted difficulties and risks, is outlining its own novel way of therapy – and today, from the height of its position, **it's working wonders together with Samento.**

I found an answer to these questions to a great extent when I visited the laboratory and the editors' office. I saw natu-

ral and straightforward people, perfectly doing their job. What struck me with respect was that here they have overcome established standards and introduced their own standards of behavior, attitude, order and values, all in a style of simplicity – without showmanship, luxuriance and falseness and in complete harmony with Lechitel's mission.

I wish you health and a lot of success!

Zhechka Ivanova, Shoumen

## I No Longer Treat My Child With Antibiotics

Dear Mr. Tzonkov,

Thanks for your information regarding the dosage of Samento. The last time my daughter Rosa was ill I decided to place my trust in unconventional medicine, for after every 5 days at the kindergarten she fell sick and was prescribed an antibiotic, anti-allergic medicine, cough syrup, nasal drops and vitamins. Sometimes the antibiotic was replaced with a stronger one while at other times the treatment was continued with Biseptol. That beaten track – 5 days at the kindergarten, then a dozen days sick at home – is followed by a lot of children but I refuse to accept it for my daughter.

On the very first day when **the kid got a fever** (she maintained 38°C for more than 48 hours), I started giving her 1 capsule of Samento 30 minutes before eating, vitamin C 3 times daily and 20 drops of Echinacea – also 3 times daily. And with that the treatment ended. We got off without cough, rhinitis and, most importantly, without antibiotics!

Now I make Rooibos tea every morning and give my daughter 1 capsule of Samento with it. I'm happy I found the right way to Rosa's health.

Renny Manolova, by e-mail

## Bulgarian People Can Be Healthy Too...

Dear Mr. Tzonkov,

Thank you for your responsiveness to every pain and every person who needs a competent advice with regard to their health.

Thank you for your noble work to the benefit of the entire Bulgarian people's health. Thank you for giving Bulgaria Samento – the medicine of the 21<sup>st</sup> century, and bringing back our faith that we can free ourselves from diseases and feel like normal people – healthy and strong! You showed us the way to healing.

Mariela Demirova, Veliko Turnovo

## The Effect Of Samento Is Striking

I suffer from **cystic mastopathy with multiple small cysts** and larger ones sized between 7 and 13 mm. In March this year I went for a check-up to Prof. Kirov and he told me I had to present myself for a follow-up every 3 months. One Thursday, while reading your lovely newspaper, I made up my mind to visit the Lechitel shop. I shared my problem with the shop-assistant and she advised me to buy 3 bottles of Samento and take 2 capsules every morning, noon and evening.

I took her advice and finished all the capsules the way she had told me. I think the effect of Samento is striking, having in mind that when I went for a check-up the following month (July), I was pleasantly surprised when the professor told me that the **indurations had already broken apart** and I wouldn't need another follow-up for 1 year.

Stefana Atanassova, Blagoevgrad

## My Son Recovered On The Second Day!

I'd like to tell you in a nutshell how I looked for the power of Samento on my own and applied it on my closest people.

**My son got chills and fever - 38°C, his nose started running, he began to cough and felt pain in his entire**

**body.** I gave him **Samento** – in the morning and evening with Rooibos tea. I repeated the same on the next day. **And on the second day – oh, miracle!** – my son got up from bed! He was all right, **the fever had subsided and the headache was gone.** On the third day he took 2 capsules of Samento once again.

I myself drink Rooibos tea and take 1 capsule of Samento daily for prevention. I feel well.

I'm a regular reader of Lechitel Weekly – our savior.

Kerana Gueorguieva, Banevo village, Bourgas district

### **To Me Samento Is A Cure-All**

I've been planning long since to share with the readers of Lechitel my own impressions from the so very healing and wonder-working **Samento.**

I started taking it more than 3 years ago because of the **ulcer** I'd had for 28 years. I'd taken everything I'd heard, read or learned about. The result was always temporary. But in these last 3 years **I forgot the pains** and returned to a normal diet – and I had forgotten the taste of cabbage, beans and many other foods and drinks. I said good-bye to the constant dieting and recovered the confidence of a normal person. I was greatly surprised as well when **the pain in my right shoulder**, which I was choosing to ignore because of the much bigger problems, **disappeared.** Every winter I used to take antibiotics 3, 4 or more times, after which I persistently treated the resulting yeast infections. I underwent a gallbladder surgery at 42 and discal hernia operation at 52. I was feeling like a tired and ruined old woman at the time I started taking Samento. I've been using it regularly ever since with very short breaks and I take 3 or 4 capsules daily in the winter season as soon as I feel the first symptoms of flu.

But the case that made me sit down and write you this letter is the following: when the hot days of July came I decided to wash my carpets by myself – considering moreover that I

felt very well; but from the cold water obviously I developed **cystitis** that I'd suffered from a lot when I was younger. I felt a burning sensation when I got up in the morning and by the evening I already **bled every time after urinating.** But I'd promised to take my grandchild for a week from the following day. I became seriously alarmed and since I always have Samento at home, I took 2 capsules in the evening and another 8 capsules throughout the next day – 2 capsules every 6 hours. And **before the evening came, the cystitis had vanished as if by a magic wand.** Naturally, I continued taking 3 capsules daily for another 3 days and thus avoided the chemicals sold in the pharmacy once more – as well as the yeast infections, which I haven't had since I started taking Samento.

**To me Samento is a cure-all - for now, at the age of 56, I'm feeling better than I felt when I was 40!**

Guergana Mileva, Dimitrovgrad

### **My 93-Year-Old Mother Feels Good!**

Hello Mr. Tzonkov,

I give my mother, who's already 93, regularly Rooibos tea and 10 drops of liquid Samento, and she feels good despite her age. **Her blood pressure, which used to be high, is now normal. She had ulcer that prevented her from eating and caused a constant heartburn. Now everything is gone, let alone her joint diseases. My problem were the warts that I wrote you about - how they vanished after I rubbed them with Rooibos and liquid Samento.**

Tzvetana N. Gueorguieva,  
Malinovo village, Lovech district

### **Samento Helped My Son Continue His Education**

I've been a regular reader of Lechitel for years and it has been of great help to me, for which I'm infinitely grateful.



My elder son, who's now a student in Germany, has been regularly taking Samento for 3 years now because he used to be **allergic** to all sorts of things. After he tormented himself with the perpetual antibiotics (he often developed **bronchopneumonias**) and after we saw there was no use of going to doctors, we decided he should try Samento and Rooibos.

**In just a month he was another person altogether.**

His condition had gotten so bad that I'd decided he'd suspend his studies for a year so that he could strengthen his health after these antibiotics that finished him off (he used to study at the English Language School in Plovdiv). But in the end it didn't prove necessary – thanks to Samento and Rooibos. Now I regularly send to him these products in Germany because his studies are quite hard.

Thank you very much! I wish you health and success!  
Emilia Hristova, by e-mail

### **We Can't Live Without Samento!**

I'd like to share some thoughts about our condition – my son's and mine. I used to suffer from **allergy** that I successfully cured last year with your help. My son had **Helicobacter pylori** and after the treatment the test result was negative. So we spent rather peacefully the summer and winter.

I'm not sure but I have the feeling that with the capsules the effect was faster compared to the liquid extract (I hope I'm wrong). On the other hand the liquid Samento is less expensive.

Last month we both had to make an urgent trip. There we caught a **summer flu with stomach complaints and general weakness**. I increased the dosage of Samento to 3 x 5 drops and we recovered in two days without the antibiotic prescribed by the doctor. I can say with confidence that life is difficult without Samento!

Guenoveva Yankova, Rousse

### **In Just 3 Months You Cured Me Of The Chlamydia That Doctors "Treated" In Vain For 8 Years!...**

Dear Mr. Tzonkov,

I took Samento and Rooibos for 2 months following your scheme. The last test confirmed it – the miracle has come. And all that in just 3 months! **I no longer have Chlamydia** that for 8 years I haven't been able to cure with all sorts of antibiotics and herbs!

I'd like to shout to all the people in the world and write to all Bulgarians, no matter what their age, to fight for their health and use your advice and your food supplements. Let all the ailing people know that Samento and Rooibos are successful even where no one has been able to help.

Penka Ignatova, Pleven

## Letters From Abroad

## Greece

### **God Bless You, Guardian Angels!**

Greetings from a Bulgarian immigrant in neighboring Greece!

Thank you and praise be to God for having created you with hearts full of never-ending love. Love, kindness and willingness to help people. Thanks to the natural products you offer in these hard times for our country and even harder for us, the 63-year-old emigrants, we find relief and recovery from our sufferings caused by the daily, and in the case of the emigrants – hourly stress. Unspeakably big is my gratitude to you in person, Mr. Tzonkov, and in your person to the whole editorial staff of our only beloved Bulgarian newspaper – Lechitel, which we eagerly expect every week. Nothing fills up my day off on Sunday like reading the pages of Lechitel. I read it with a yearning interest from cover to cover.

I'm satisfied with the **miracle Samento and the wonderful Rooibos tea. They restored my strength and willingness to work in the heavy conditions of earning one's living abroad.** I had fallen into despair and considered returning to my country when it occurred to me to send you a letter asking for **Samento and Rooibos**. You cannot imagine my delight when I received them for the first time – I cried for joy. I feel good but my heart needs more. I need tests, which I'm planning to do at your health center when I go back in a few months.

God bless you, guardian angels! Dear God, you sent them to us just in time!

Pavlina Petrova, Pireia, Greece

## Austria

### **Sounds Like A Beautiful Fairy Tale But It's True**

Dear Mr. Tzonkov, dear healers! I'm writing this letter on

the spur of the moment, filled with gratitude to you. I live and work in Vienna. I heard of Lechitel by chance. It was recommended by a relative of mine who knew about my health problems: **I've been suffering from hypertension for many years with the accompanying headache, vertigo and nausea, as well as joint and muscle pains.** In the beginning I looked at the newspaper with certain skepticism and was inclined to underestimate it. But very soon – after reading a couple of issues – I completely reversed my opinion, apologizing to you in my mind, as I found in it the wise, serious and tested recipes, tips and rich information on existing and novel medicines and herbs, as well as extensive scientific research. I subscribed to the newspaper and I've been receiving it for a second year now through a local travel agency. And I'll read it until it and I exist!

**For more than 15 years I have tried all sorts of overpraised and overly expensive and potent drugs for lowering the blood pressure – unfortunately never with a durable positive effect.** It's not a secret that such medicines, even though helpful for some and less helpful for others, too often lead to unwanted and sometimes even dangerous for health side effects with lasting adverse consequences. That's way I ended up turning to the so-called traditional medicine and the phytoproducts (and I should have started with them!). And the miracle happened. **About 3 months ago I began a treatment with Samento 600 mg - 2 times a day, and a Rooibos infusion – 2 teabags in 1 liter of water, taken throughout the day.**

**The results I achieved were more than good – down from a level of 190-200/100-105, for nearly a month now the blood pressure apparatus has been regularly showing 130-140/80-90.** Perhaps it will sound to some like a beautiful fairy tale but it's true. Not only **did the constant feeling of discomfort and psychic tension vanish for good but my vital functions greatly improved,** which of course contributes to my higher spirits and self-confidence.

I'm using every chance to popularize your intelligently and competently edited newspaper, the invaluable guide Lechitel – an inexhaustible source of health and knowledge.

**May you be very healthy and increase the circulation of your (and our) unquestionably favorite newspaper among Bulgaria's specialized periodicals.**

Penko Minchev, Vienna

### Greece

## **I'm Sleeping Like A Newborn Baby**

I join your many readers who express their great appreciation for the newspaper from which we're drawing health and hope. My connection with Lechitel Weekly continues in Greece where I currently reside. In Athens Lechitel is sold out to the last imported copy while other Bulgarian newspapers remain on the shelves. Thank you for the natural products as well. I've used **Samento and the fiber-rich biscuits** – they are excellent. And Rooibos solved my sleep problems – with 2 cups a day I've been sleeping like a newborn baby. I'm thankful also for the chance for feedback, on which I rely for solving my health problems.

Lilia Todorova, Athens, Greece

### Germany

## **I Recovered As If With A Magic Wand**

I'm a girl of 21 who has once again become convinced of the power of your products, which with every passing day are spreading to the most distant places.

I haven't seen a person who has taken in hand for the first time your newspaper filled from cover to cover with entertaining and at the same time useful articles and has remained unsatisfied. You are the only ones providing the numerous readers with a creation thanks to which you're solving their

problems by devoting to them the necessary care and time. That's why I miss Lechitel so much because I'm now a student in Germany and I can't supply myself with it by going to the nearest news-stand. I'd appreciate if you could tell me whether I can read online the articles published in the latest issues of your newspaper. The moment I read one of your memorable articles, I'll feel very high-spirited because they bring me joy and fill me with positive energy – things of great importance in this life in order to move forward to the future with our head up.

The other reason for turning to you is to inform you about **the amazing results from the use of Samento, Rooibos** and bee pollen when one is powerless against the flu. Until a few days ago I wasn't planning to write you at all, not because I didn't want to share my joy but because I feared that my letter would seem insignificant compared to the others in which your readers talk about problems much more difficult to solve by modern medicine. I'm very grateful to my sister as well who inspired me with hope that I can still help someone with something. She's my only source of information, as far as possible, about the articles from your unique newspaper.

**Frankly spoken, I didn't believe that your products would obliterate all traces of the flu so fast.** On the last Sunday morning before New Year's Eve I woke up with a **38°C fever, headache and dry cough**. I usually fall ill very rarely, meaning once every 2 to 3 years, and I've never had the above listed symptoms. But then I got faced with the real face of flu for the very first time. I started drinking Rooibos tea with a teaspoonful of honey and a slice of lemon instead of water and taking a half teaspoonful of bee pollen in the morning and evening. The first day I took a capsule of Samento 120 mg. I only managed to overcome the headache. That's why I raised the dosage to 2 capsules daily and 3 teaspoonfuls of bee pollen. The fever, which maintained the same level throughout the first day, subsided. It only rose slightly in the evening of the second and third day. I tried all kind of things

to alleviate the cough but nothing helped. I used mint drops that didn't work at all. I tried to drink onion juice but it had no effect either. I was sitting in bed for entire hours at a time waiting for my cough to subside a little bit so that I could lie down but right after that the fits seemed to grow twice as strong. I was very desperate and had the feeling that this nightmare was going to continue for weeks.

It's amazing but the truth is that **on the third day I was saved from the nightmare thanks to your miraculous products** that warm up the hearts of people more and more. **I had no fever and the cough was almost gone. I recovered my appetite and I had strength and willingness to do some manual work.** All this happened on the third day as if with a magic wand, after such sufferings at that. **And on the fourth day there was no trace left of the dry cough.** I could not believe this dramatic improvement. No one would tell that I'd been ill if they hadn't witnessed my previous hard days.

Perhaps I would still continue having doubts if anyone else had told me what I just described. But after all I went through I became utterly convinced once and for all of the unparalleled strength of the natural products, which the editor-in-chief Mr. Tzonkov and the staff of Lechitel Weekly acquainted us with, changing the views of many people on the healing power of the gifts of Nature. I can even tell that they destroyed some people's prejudices, which is perhaps one of the most difficult things to achieve.

You earned the confidence of so many readers who are grateful to you every single day. You brought back the hope for life to the ailing people, thus giving them a second life!

I wish with all my heart to every single person from your staff to be well and continue offering health, joy and life to others.

May you have successful creative years!

Leman Mehmed, Freiburg, Germany

## You Are Saving The Bulgarians All Over The World

I'm one of the thousands of readers of your newspaper. I'd like to share the pain that troubled me for so long. It is completely different from the ones I've read about in the paper.

I work in a dressmaking shop in Greece. In summertime it grows very hot, I'm soaking wet and because of that I got **strong pelvic pains. They were unbearable.** I was taking Voltaren that soothed the pain. Not long after I got **pains in the stomach.** It turned hard as a stone. The pain was throbbing, as if I had a child in my womb. I was reading the newspaper and immediately buying whatever herbs I saw recommended against stomach pains. I felt a mild relief and then more and more pains. That went on for as long as two years. It wasn't possible for me to go back to Bulgaria and your newspaper was the only place I found some relief for the so unexplicable pain. I only knew I had an early-stage **myoma** and wasn't liable to operation. I've been living in Greece since 1995 and I haven't seen a doctor to follow the myoma's progress. My stomach swelling persisted and the pain was growing. I got a strong headache until one day, after buying the newspaper, I read one of the beautiful stories of the great miracle – that's how I call it because it saved me. **The miracle Samento and the Rooibos tea.** I asked my children to buy it for me and they sent me 3 bottles. I didn't have a moment's hesitation. I told myself: come what may, I'll have to continue the treatment by myself. I had no idea what my problem was. I only knew my pain was unbearable and decided: life or death. I decided to take 1 capsule daily, in the morning with tea. On the 4<sup>th</sup> day I got a strong pain in my kidneys and leg joints, intense cough and running nose. The pain persisted for 20 days but I didn't give up; I continued the fight until I finished the second bottle. And all of a sudden a miracle happened, **the pain disappeared, the swelling of the stomach subsided,**

**my legs stopped aching and the bronchitis I was suffering from no longer reminds of itself. I can already sleep calmly, all my problems vanished into thin air and I'm now a different person. I am able to walk for a long time without getting tired. This is all due to the wonderful Samento and the Rooibos tea.** Those two magnificent herbs have saved me and given me new hope for life. As my grandmother used to say: "Money doesn't make you rich, health does".

I'd like to express my deep gratitude to all of you – the whole team of doctors and editors, to all the good people for the wonderful herbs. Thank you. You saved me and now I believe there are also good people like you who help the poor Bulgarian people scattered all over the world with the one and only aim – to survive.

Thank you, wonderful people. May you be alive and well, and keep helping others.

I'm a woman whose whole life has been a fight and that's why I didn't give up.

Ivanka Petkova Todorova, Athens

USA

## **Clinical Results Have Been Nothing Short Of Miraculous**

Regarding our use of the product **SAMENTO** – the calibration we use to evaluate the product was developed by David Hawkins, M.D. and explained in the book *Power vs Force* by the same author. The scale is from 0 to 1000 and Samento tested at 800, **the highest product we have tested to date.**

So far we have **32 patients** now taking **SAMENTO**. **Clinical results have been nothing short of miraculous.** A few patients have experienced mild healing crisis, which can be alleviated by dropping to a lower dose for a few days then resuming full dosing. We have used the products in varied clini-

cal settings including arthritis (**osteo and rheumatoid**), **CFS, fibromyalgia, asthma, mental illness and IBS.**

March 21, 2002

*Sincerely, John Kule, M.D.*

USA

## **We Use Rooibos And Samento From Bulgaria In America As Well**

Hello, dear employees of Lechitel Weekly!

I've been living in the US with my family for 3 years now. Earlier this year my mother arrived from Bulgaria to spend some time with us. She brought Rooibos tea, Samento and several issues of Lechitel with her. We learned from it about the beneficial action of these natural products and the miraculous healing with their help of many people in Bulgaria.

I wish your newspaper success and to popularize your experience! May more and more people turn to the treatment with natural remedies and products, for it's the only right one and is really able to help.

We wish you health and liveliness!

Rumyana and Peter Petrovi, Florida, USA

Austria

## **The Magic Called Samento**

Dear Mr. Tzonkov,

I don't know who has discovered or unearthed Samento but he must have been an exceptional specialist (or team of specialists) in this field, extremely caring for people's health. And you deserve no less credit for its introduction and popularization on our homeland's market, on account of which you get showered with calls and letters of thanks.

I'm writing you in this connection for the third time

already in order to share the results from an experiment I've been conducting on myself for nearly 10 months. I'm approaching 50 and naturally at this age all sorts of complaints begin to appear. **I discontinued the use of all other medicines** that caused perhaps as much harm as benefit. During this **10-month period I've been taking only Samento 600 mg in the morning and evening** and regularly drinking Rooibos tea, which is not only beneficial but very delicious as well. I'm happy to enumerate below the results from this therapeutical experiment:

- my ulcer closed and I feel no pains or stinging whatsoever, even when I've eaten too much fat or hot food;
- my high blood pressure gradually dropped and has remained in norm without exception for a long time;
- I no longer suffer from palpitation, even during heavier physical exertion;
- the pain in my joints and muscles disappeared;
- during that period I had a full blood count done 3 times, including hepatic values. The last time absolutely all readings were normal;
- the nightmarish insomnia and headache are a thing of the past;
- the constant feeling of discomfort is gone;
- and last but not least, I don't need Maca anymore.

It is 100 per cent certain that this list can be continued by people who have got rid of other diseases. It would be nice if more of your readers shared their experience with Samento so that the people who suffer could benefit from it.

Despite these unbelievable results I continue taking 1 capsule of Samento daily for prevention.

Samento is hardly likely to have an analogue (at least not that I know of) with such a wide-range action and absolutely no adverse side effects!

It proves in fact that we realize what a boon health is only when we've lost it. And when we find it once again – this feeling simply cannot be described.

A deep bow to you!

Penko Minchev, Vienna

## What's The Alternative To Voltaren?

This publication is reprinted from the British Sunday Times

**Question:** I have had rheumatoid arthritis since the age of six and although I responded well to certain drugs and exercise, I still have painful hips. I have tried fish oils, homeopathy and cider vinegar, but nothing has helped. My doctor wants me to take non-steroidal anti-inflammatories (Voltaren, etc.), but I am against this. Can you suggest anything else?

**Answer:** There is a lot of excitement in the natural-health world about a new theory that links more than 300 chronic health complaints – including rheumatoid arthritis, chronic fatigue and Parkinson's – with the bacteria that causes Lyme disease.

The reason for all the excitement is that it is not "alternative" practitioners but medical microbiologists who have found that this organism is more prevalent than previously thought and often overlooked by doctors when making a diagnosis.

Lyme disease was first recognized in the United States in 1975, following an outbreak of juvenile rheumatoid arthritis near Lyme, Connecticut. In 1982 microbiologists identified the infectious agent as an organism called **Borrelia burgdorferi**, which lives in the guts of ticks, mosquitoes, fleas and mites.

The natural agent that has been proven to be effective in clinical trials against this organism is **Samento**. This is a specialized version of the herb cat's claw (**Uncaria tomentosa**), with one key and critical difference: it lacks one type of the alkaloids generally present in this herb, which would act to prevent other agents present from destroying the Borrelia bacterium.

**In controlled trials at Innsbruck University on 28 patients suffering from advanced chronic Lyme borreliosis, 85% of those treated with Samento tested negative for the infection after eight months**, while those in the con-

trol group, who were treated with antibiotics, improved only slightly or not at all.

The scientists concluded that the herb was working to modulate the immune system. Immune modulation is more subtle and complex than immune boosting and many believe it will become the new model for holistic health when tackling chronic complaints.

## **SAMENTO**

### **Frequently Asked Questions**



**• What exactly is Samento? And what's the difference between Samento and the common Cat's Claw?**

They are both vines that can only be found in the Amazon rainforest. A European cannot distinguish between them by their appearance. But the Indian healers – the shamans – unmistakably detect which vine is common Cat's Claw and which one – Samento. And in special cases, in grave or "incurable" diseases, they only use Samento. It was them who gave this name to the medicinal plant that was their most cherished secret for centuries. They concealed the truth about Samento from white people in order to preserve it as a means of salvation for their vanishing, dying-out tribes. Because Samento was their greatest medicine, their hope for survival.

That's the reason why, when in the 1970s European explorers started making long expeditions into the Amazon rainforest to reveal the healing secrets of the natives, they only managed to discover the common Cat's Claw.

After 20 years of research Austrian scientists uncovered for the first time the chemical composition of the Cat's Claw and found out it contained two antagonistic (counteracting, hostile to each other) alkaloids – TOAs and POAs (tetracyclic oxindole alkaloids and pentacyclic oxindole alkaloids), the first type inhibiting the healing action of the second one. It was determined that as little as 1% of TOAs can cause a 30% reduction in the healing power of the beneficial POAs.

That is why the Austrian researchers started performing chemical experiments in the lab in an effort to remove the "bad" TOAs from the Cat's Claw and produced a respective pharmaceutical. Unfortunately the chemically treated herb no longer has the same potent healing action as the natural Samento – and besides it's much more expensive.

**• Why is Samento such a valuable and expensive herb?**

Like the ordinary Cat's Claw, Samento only grows in the Amazon rainforest but unlike the common type it's an extremely rare plant. Among thousands of common Cat's Claw vines you can find just a single "special" Samento vine here and there,

which by a miracle of Nature simply lacks the TOAs. These vines are sacred to the native shamans first of all because they are so rare and second because they are irreplaceable in the treatment of the so-called "incurable" diseases.

It is therefore logical that common Cat's Claw would be much cheaper than Samento but at the same time its healing properties are much less potent too.

The lab analysis shows that the ordinary Cat's Claw is of highly varied quality as well – sometimes the amount of the harmful TOAs is very big. And that means that the beneficial POAs' action is completely blocked. In some products offered on our country's market as pure Cat's Claw the TOA content is 17-18% and even bigger. And such poorly efficient Cat's Claw is sold for instance as a "French" Samento and at higher prices compared to the real, genuine, unique Samento!

At the same time Lechitel offers common Cat's Claw too (but very high-quality, with TOA content of up to just 6 or 7%) at a much lower price than Samento.

**• Why even the ordinary Cat's Claw in the Lechitel drugstores is of higher quality, containing only 7% of TOAs, while the other more expensive Cat's Claw products offered in different pharmacies and drugstores contain 17% of TOAs and have of course a much less potent healing effect?**

Now that's a question of ethics – one producer or distributor has it while others don't. Ethics, in the first place, with respect to consumers.

**The biggest producer in the world of Cat's Claw products and the only one offering Samento – the US company Nutramedix** – obtains the raw material from the Peruvian rainforest using only the richest in medicinal substances part of the plant – its inner bark (a thin layer under the outer bark).

Quite a few companies, greedy for quick and easy profits, grind the whole stalk of the vine in order to obtain a bigger quantity of raw material. They sometimes even grind the roots.

Here comes the question of ethics with respect to

Nature.

To destroy the roots of thousands of vines for quicker profit means to deprive the future generations of one of the biggest medicinal riches of the human race.

That is why in recent years the Peruvian government restricted the cutting of these unique plants.

The Nutramedix company collects Cat's Claw and Samento in the most plant-friendly way – without harming not only the roots but the lower part of the stem as well. This way the wondrous vines grow up again and reach their former height in five years.

And one more, very important thing that contributes to the high quality of the Nutramedix products: in order to preserve all medicinal substances in the raw material, it is transported quickly, always by plane (not by ship or truck to avoid the declining of quality during the long trip) to the USA, where it is processed with a modern technology at low temperatures.

Most companies that manufacture Cat's Claw products choose to save themselves those expenses, with some of them processing the raw material at very high temperatures and humidity in Peru, which results in deterioration of the end products.

• **How can you tell which Cat's Claw is Samento?**

It's not difficult at all if you read the labels on the bottles.

**First.** The genuine Samento label specifies it's **TOA-free**. No other product can have such a label since the label text is controlled by the Ministry of Health.

Therefore, no matter what sellers tell you, you should ask them to show you the text on the label stating that the product is TOA-free.

If you are still unable to tell, you should at least note whether on the bottle is written SAMENTO®. This is a guarantee the product is genuine and not a fake. Samento is a registered trademark in both the US and Bulgaria.

**Second. The genuine Samento cannot be French, Russian or anything else. It is capsulated only by the US**

**company NUTRAMEDIX.** So look for its name as the manufacturer stated on the label of the bottle being offered to you.

**Third.** As a standardized product the Samento label indicates the exact content of the beneficial alkaloids (POA) – 0.5%, and the "bad" ones (TOA) – 0%. You can only see these numbers on the bottles of the genuine Samento.

**And fourth,** the only authorized representative for Bulgaria of the producer Nutramedix is the company publishing Lechitel Weekly and running the Lechitel chain of shops and drugstores: ET "ABC – Atanas Tzonkov". Therefore the label of the genuine Samento reads: **"Importer: ET "ABC – Atanas Tzonkov"**.

So our advice is: read before you buy and don't trust fakes. Trust your eyes!

• **What conditions does Samento help against?**

- Samento is not only for the ill. It is also for the healthy who are smart enough to appreciate the greatest good. Because Samento makes us stronger and more resistant to infections and diseases.

- Samento is the most potent herbal immune stimulator and immune modulator known to date.

- Samento has an extremely wide range of healing properties: anti-inflammatory, antiviral, antibacterial, antimutagenic, anti-tumor, anti-allergenic, etc.

- Samento is a powerful antioxidant with unrivalled anticancer action.

- Samento normalizes blood pressure, cardiovascular function and helps against the gravest gastrointestinal conditions.

- Samento purifies the blood and detoxifies the whole body, which allows it to reduce significantly the disastrous side effects of chemotherapy and other heavy drug treatments.

- Samento acts as an adaptogen as well – it restores the physical and mental strength. Almost anyone who has taken it reports he's feeling like a new person.

- Samento successfully helps the body in its fight with more than one hundred different diseases.

- **Samento is the natural remedy with the widest healing range among all natural and synthetic therapeutics known to medicine.**

The following are only a part of the conditions positively influenced or fully treated by the use of Samento:

1. Weakened immunity
2. Influenza
3. Hemorrhages
4. Sinusitis
5. Chronic skin conditions
6. Urinary infections
7. Tumors
8. Metastasized cancer
9. Arthritis
10. Ischaemic heart disease
11. Cysts
12. Prostate adenoma
13. Asthma
14. Polyarthrosis
15. Fatigue
16. Herpes infections
17. Depressions
18. Hypertension
19. Diabetes, etc.

- **How to apply Samento?**

The label says you should take 1 capsule daily. This is the **prevention dosage** for people who want to protect their health.

However, if you're already ill, the dosage you need depends on the particular condition and its stage of development. Some diseases are positively influenced by only 1 or 2 capsules daily but in other cases larger doses are required. It is therefore necessary to consult a specialist – you can do that at the Lechitel Health Center or by referring to the Lechitel editorial office. Your letter or e-mail will always be answered in person.

In all Lechitel shops and drugstores work only highly skilled consultant salespeople, most of who doctors and other

medical workers. You can also obtain the necessary information from them.

- **Can Samento be given to children?**

Samento is a purely natural product that has no serious side effects found so far. Very rarely (about once in 1000 cases) some mild gastrointestinal complaints or internal tension can appear but this is not a reason to worry or stop the treatment – it is only enough to lower the dosage in the first few days. After a week you can proceed with the prescribed dosage.

Therefore Samento can not only be given to children from 1 year of age (in very low doses and only after consulting a specialist of course), but it even has a much faster and definite effect on the little patients.

Although according to a hopelessly outdated and absurdly officious position – stating that even a purely natural product can't be given to children under the age of 7, hundreds of mothers, fathers and grandparents have already written us about the excellent results they have obtained in the treatment with Samento of their ailing infants of the age of 1 or 2. The youngest patient of Lechitel treated with Samento so far was only 4 months old and her mother decided on her own to take care of her newborn daughter that way because the hospital treatment was leading the child to increasingly worse results – urinating blood owing to a severe kidney infection. She is now 10 months old and has no complaints, and her blood and urine tests are normal to the greatest amazement of the treating doctors.

However Lechitel does not recommend you to treat your children with Samento without consulting a medical specialist. If you can't find a pediatrician familiar with the way Samento is applied, you may consult Lechitel.

- **Can Samento be combined with other herbs or drugs?**

Samento isn't toxic and only helps the body eliminate the toxins. That is why there's no remedy – including the most potent chemotherapy drugs – that cannot be combined with Samento.

Therefore **cancer patients should not interrupt the use of Samento during chemotherapy or radiotherapy.** On

the contrary, they should increase the dosage then to help the body more easily endure those unbearable therapeutical ordeals.

**Samento can be combined with any drug – from the most everyday, used for controlling the blood pressure, to those for treating cancer and AIDS.** It's another question that many of these drugs become redundant, as many people who have used Samento testify.

- **Can Samento be taken for prevention?**

Samento is an excellent remedy for prevention. It has the widest possible range of both healing and protective action. The prevention dosage is 1 capsule of Samento 600 mg daily for adults or 1 capsule of Samento 120 mg for children from the age of 5 to 15.

- **Can cancer patients take drugs prescribed by the doctor along with the Samento?**

Samento not only can but must be taken before and after cancer surgery, as well as before, during and after radio- and chemotherapy. The herb doesn't interfere with conventional cancer treatments but reduces their side effects. The Samento dosage for prevention is generally 1 600mg capsule daily and for treatment – 2, 3 or more capsules daily, but it has to be specified for every particular case.

- **Do I need to stop consuming milk and dairy products while taking Samento?**

Samento can be taken both with water and food, before or after meals. Yet the most efficient way is to take it with a cup of warm Rooibos tea by emptying the contents of the capsule in the tea and sweetening it with pure bee honey.

There is no clinical evidence so far that the dairy (or other) foods can reduce, magnify, neutralize or negatively change the effect of Samento. It's another matter that milk in general is not well tolerated by the digestive system of the adult people and causes problems – heartburn, diarrhea, constipation, pains, etc. Nature has created milk for the suckling newborns and to them it's a universal food and medicine. And the milk that's offered on the market is usually saturated with antibiotics, hormones, pesticides, heavy metals and other poisons.

As far as the other dairy products are concerned: cheese, yellow cheese, curds, whey, yoghurt, airan, etc., they are wonderful natural products as long as they are not produced from contaminated milk, as long as they are high-quality, as long as we don't abuse of their consumption and take into account whether they are suitable for our health condition.

Milk and dairy products are however not an obstacle to taking Samento, especially if Samento is used in the above described way.

- **For how long can I take Samento and can it harm me?**

Excluding the common colds, rhinitis and even flu (about which we've written many times), as well as the use of Samento for prevention (the dosage is indicated on the label), **it is desirable that the patient be subjected to tests in the first place so that he could be diagnosed competently and precisely, and only then the treatment scheme, dosage, etc. are to be specified.**

Samento cannot poison or harm you as a lot of synthetic drugs do, but you can become fascinated too fast or disappointed without a reason even by Samento if the way you apply it is not the right one for your case.

Demand that your doctor treat you with harmless natural products as well. Lechitel is ready to inform free of charge every doctor about the correct application of each food supplement and each herb including Samento.

If your doctor won't hear about herbs and other natural remedies, if he refuses to read the appropriate books or periodicals on this subject, consider if the time has not come to look for a more caring, skilled, responsible, real doctor. At the end of day you are the one who pays the bill and what it's all about is not a drink after the heavy working hours of the doctor, but a life – your life, not the doctor's.

- **I suffer from hypertension and take prescription drugs. I've got joint diseases – arthritis, exostoses in the back, neck and knees, plexitis. Sometimes I've got arrhythmia as well. Can I use Samento 600 mg together with**

### **Rooibos without developing complications?**

Unlike most synthetic drugs, the bulk of the natural healing products cause no complications in the human body but on the contrary - overcome and eliminate those complications caused by either pathogenic factors or inappropriate or poor-quality drugs. As our regular readers are well aware, Samento and Rooibos have this typical ability of herbs in the utmost degree. It is not only possible but recommendable to use both herbs together. Moreover, if your doctors take a little more interest in these irreplaceable preventive and healing products, they can judge when and how to decrease (until completely stopping them in most cases) the drugs that have serious side effects and become redundant after obtaining the healing effect of Samento and Rooibos.

• **Could you please answer the following question: our son is 1 year and 4 months old, can we give him Samento and in what dosage? The child has tonsil inflammation and purulent tonsillitis all the time. He's been constantly sick ever since the age of 10 months. Where can I buy Samento? We live in Varna.**

We publish the addresses of all Lechitel shops and drug-stores, including those in Varna, in every issue of Lechitel Weekly.

Send us the results from the tests appointed by the doctor and perhaps the diagnosis put by him so that we could write you how to treat the child. And don't forget to write your address because we're not able to reply to everyone in detail on the pages of the newspaper!

• **Ever since I was a child I've been suffering from sinusitis. I've taken an unusual amount of medicines but with zero effect. My tonsils were gradually damaged too and I later developed otitis as well. I sometimes have a terrible cough and my eyes are running and closing. I heard about the unique Samento and I'd like to ask you whether I can use it against the terribly nasty disease.**

Samento can be used against many and different diseases. We have written that repeatedly but we have pointed out even more often that self-treatment (what you obviously intend to do) is not recommendable. You should rather ask not whether you can

take Samento but for instance, "What would you advise me to do to restore my health?" **Our advice is first of all to make tests, get adequately diagnosed and then you'll be able to start an efficient treatment, including with Samento, of all your diseases.**

• **My mother had a malignant tumor with metastases in the stomach and underwent an operation. One of these days she has to start chemotherapy. But the doctor who made the operation told me she should take Cat's Claw. He also told me he has patients with the same disease who after taking Cat's Claw live for many years. I'd like you to write me in what dosage she should take it. I shall gladly accept more advice and recommendations with respect to this disease as well.**

We are happy there are more and more doctors who notice the benefits of Cat's Claw and Samento. Unfortunately they are not aware of the huge difference between the two products and are not willing to inform themselves better on that matter. Thus your doctor is in fact pushing you toward self-treatment, which is pretty unprofessional and irresponsible of him. If you want us to help your mother, send us copies of her tests and epicrises right away, as well as her address or phone number.

• **I've been suffering from rheumatoid polyarthritis, anemia and hypertension. I undergo haemodialysis 3 times a week. I drink Rooibos tea and feel my blood pressure has returned to normal. Could you please explain to me in detail how to take Samento 600 mg?**

You can take Samento 600 mg 1 or 2 times daily (in the morning and evening) approximately 30 minutes before meals, with a cup of warm Rooibos. Of course, this is not a treatment in the true sense. If you want a serious treatment, you should send us at least a copy of your tests and epicrises for a start. Then we'll write you what measures to take.

• **How should I give Samento to my son who is 4 years old and weighing 18 kg? I mean in case of colds, fever, sore throat and cough. He has no chronic illnesses. What is the maximum prevention dosage for him?**

For your child who, as you say, has no chronic illnesses, the most appropriate prevention dosage (when there's a flu outbreak or risk of catching a cold) is 1 capsule of Samento 120 mg daily taken in the morning, half an hour before breakfast with a cup of Rooibos tea. The tea is recommendable for people of all ages in amounts of 2-3-4 or more cups every day. If symptoms like running nose, fever, cough, muscle pains, etc. appear, the child has to remain at home for a couple of days and take 1 capsule of Samento 120 mg 2 or better yet 3 times a day. You can apply this dosage for a week and then gradually lower it to 2 x 1 and finally just 1 capsule daily.

**• My husband and I have finished 15 bottles of Samento 600 mg in the last 10 months, taking 1 capsule daily. In addition we drink a cup of Rooibos every morning. They have an excellent effect on the gastrointestinal tract, as well as anti-allergenic action. We wish to continue taking Samento and Rooibos. We'd like to know whether the systemic use could cause any side effects.**

You can drink Rooibos tea all your life without any health concerns. Life is then more enjoyable because the tea has a beneficial action on the whole body. You can drink not only 1, but 2-3-4 and more cups daily. Of course it is good to drink something else for a change from time to time – either Honeybush or well-known Bulgarian herbal teas. It is just that Rooibos has quite a few advantages and we have written repeatedly about them.

We have also written about Samento. There is no evidence of any serious side effects including after taking 2, 3 and more capsules daily for years, but this can only be done when there is something to treat. The daily intake of 1 capsule of Samento 600 mg for months is justified either in the case of flu outbreaks or a weakened immune system and frequent common colds or other health breakdowns. Of course, if you are ill you should take a higher, treatment dosage.

**• My son is 7 years old. He was diagnosed with gastritis. Lately, since the start of autumn, he began complaining of stomach pains.**

**When I start giving him Samento and he once again complains of pains, how can I tell if they aren't caused**

**exactly by Samento and what can I do in such a case?**

**And something else: is there a point in combining Samento with cod-liver oil and Respivax – against respiratory illnesses?**

**There hasn't been a case so far of someone getting pains from Samento. Samento doesn't cause pains, it eliminates them.** It is the most powerful (natural and harmless at that) analgesic! If the child takes Samento, there's no obstacle to taking a little high-quality cod-liver oil in winter, but the use of Respivax in that case is inappropriate and unadvised.

Yet in the first place your son must be well tested (through non-invasive blood tests) and diagnosed – before the treatment starts, including with Samento.

**The symptomatic treatment that you want to undertake and that unfortunately is an everyday practice among certified doctors is a hopelessly outdated treatment approach and is not in the interest of the patient.**

**• I live in Spain and I was recently brought Samento from Bulgaria. They told me it treated arthrosis and arthritis but I don't know what the dosage should be. I would appreciate if you could tell me that.**

Before we can talk about dosing of Samento and any sort of treatment, and in order for me to be able to offer you the most appropriate therapy, you should have some basic blood tests done and answer some questions.

If you are ready to follow my recommendations, confirm it so that we can start speaking to the point. If you're a fan however of the mass and primitive (symptomatic) medicine that's in a hurry to treat without duly testing the patient, take 3 x 1 capsules of Samento 600 mg. But you should know this is not in your interest.

**• I'd like to find out more about which of the products offered in the drugstores of Lechitel can be used for pets – dogs and cats. We already use Samento and its action is incredible. Besides here in Varna there are already several cases of curing cancer in dogs!!! Could you please write me or specify in some of the columns of the newspaper what else can we use from the Lechitel drugstores? Is**

**the range of action of the products the same in people and animals alike?**

As far back as 3 years ago we wrote about some sensational healing effects of Samento for the treatment of sick pets. We even carry on a correspondence with an American woman from Florida concerning the treatment of her favorite horse suffering from heaves (chronic obstructive pulmonary disease).

A lot of our natural products can be used for the treatment of animals as well but this is not the place to list their names and the conditions for which their use is recommended. Apart from other reasons there is one more – after all these are products intended for prevention and/or treatment of humans, and the experience, literature and evidence regarding their use on animals are too scarce. Besides the animals are, so to speak, also human: you cannot experiment on them, though our products can seriously harm neither people nor... other animals – even if you overdose. But we wouldn't want to cause anyone the slightest trouble with the use of our products and for that reason, in so far as we've got the time, we shall answer every single question concerning the treatment of ailing pets as well.

**• In the last few years I've been living abroad – in the Dominican Republic, but I fly back to Bulgaria every summer and regularly buy Lechitel Weekly. I have read a lot about Samento and would like to ask a few questions. I'm 49, already in the menopause. I've got a Mirena intrauterine device that releases a tiny amount of hormones (my gynecologist inserted it to stop the hemorrhages that started two years ago). At the check-up in September I asked him to tell me if it was appropriate to take Remifemin. He replied it was a plant-based product suitable for my age. But when I came back here to the tropics, I caught colds and flu 3 times in 45 days. And since I didn't want to take drugs so often, the last time I took Samento and of course the flu vanished without a trace. I ask you to answer me whether I can take it together with Remifemin because I felt invigorated too, with less pains in my legs. Perhaps you could advise me as well about the**

**dosage and besides I've got Rooibos tea here but I don't know how I should prepare it. I thank you in advance and wish you health and luck.**

As we have written repeatedly, **Samento** can be taken together with any drug or herb but the question is whether you need to take some other drug or herb at all when you already take Samento.

Usually this is unnecessary and sometimes the healing effect of Samento can even be reduced. Samento has such a broad healing range that, as I have already written, it successfully treats over 100 of the most well-known, widespread and serious human diseases.

Other studies report as well that Samento successfully replaces dozens and perhaps even hundreds and thousands of healing products (both drugs and herbs), while at the same time exceeding them with its safe and efficient action.

You need a comprehensive protocol for treatment with natural products but it can be made up only on the basis of some additional blood tests that you obviously haven't had so far.

Practice shows that Remifemin (we'll write more about it!) doesn't produce the expected therapeutical effect and, as Lechitel recently wrote in detail, hormone replacement therapies (like the Mirena IUD) carry deadly risks for patients.

It is desirable that you call us on tel. +3592 943 83 81 and +3592 943 83 82 in order to specify as soon as possible the blood tests you need, after which you'll be able to start the most appropriate treatment.

**• Where can we get a professional consultation on the treatment with Samento?**

In all Lechitel shops and drugstores work high-skilled consulting salespeople with medical degrees.

The thousands of readers of Lechitel know they can always turn

**to the editors' office  
by post, e-mail or phone**

They will receive a competent answer to all their questions. In case of need the editors will previously consult special-

ists from the Lechitel Health Center or the national healthcare network. Everyone receives a personal answer at the specified address **completely free of charge.**

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**• Where can we buy for sure genuine Samento in Bulgaria?**

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- Alexander Stamboliiski Blvd. 20, tel. +3592 986 44 07
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- Iskar Str. 43 (opposite Lechitel Health Center), tel.

+3592 983 17 53

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- **1<sup>st</sup> stand** (entrance from Maria Luiza Blvd.), tel.

+3592 917 62 62

- **2<sup>nd</sup> stand** (entrance from the parking lot)
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