

Based on 2000 Year Old Recipe

Housewife In Ohio Accidentally Invents A Bread That Miraculously Stops Your Appetite And Hunger

NO-HUNGER BREAD said to beat all fad diets hands down. It's the fastest, painless way to lose weight.

By Jack O'Donnell, Special feature writer (Canton, Ohio) Here is a message to all you genius research scientists trying to find a painless way for people to lose weight. It's been done! Not by a scientist, but by a housewife.

Being hailed here as the weight loss method of the century, NO-HUNGER BREAD is nothing like a juggernaut! The bread was discovered by accident. Nancy Sperry, wife of a health researcher, was trying to duplicate a 2,000-year-old, high roughage bread used by the little known civilization of Hunza. The Hunzas were being studied by her husband. The Hunzas are considered to be the healthiest people on earth. Their bread is the main part of their diet. Nancy was trying to make this bread good tasting so the children would eat it.

Nancy succeeded in coming up with a recipe that was absolutely delicious. Everybody loved it. But, then a startling discovery was made. Just one or two very small pieces of bread would ruin a person's appetite for 5 or 6 hours! She became upset at this "drawback" at first. But, then while discussing it with her husband Benjamin Sperry, it hit them. This was not a "drawback" at all, but a huge benefit. It was the ultimate weapon in the fight against obesity that researchers have been trying to discover for decades.

Nancy had apparently come up with the first natural and healthy appetite inhibitor. Or was she the first? Could this be a designed bread invented thousands of years ago?

Mr. Sperry is a researcher for the American Health Institute. He had been studying the Hunzas for years. Now he had some questions that needed answered. The Hunzas have little food in the winter. Was this bread an ancient discovery of a hunger suppressant which also provided healthful nourishment to the body during winter months?

I held an interview with Mr. and Mrs. Sperry in their lovely home in Canton, Ohio, a medium sized, mid-Western community 60 miles south of Cleveland. Upon arrival my greeting was warm and friendly and I immediately felt right at home and everyone was on a first name basis. I also noticed that the Sperrys were exceptionally trim, fit and healthy. Our interview took place in the kitchen with two loaves of NO-HUNGER BREAD baking in the oven. It smelled delicious.

Question: "Ben, to what do you attribute the powerful appetite inhibiting properties of your wife's bread?"

Answer: "Well, Jack, right now we're in the stage of making educated guesses. Theory 1 is that Nancy, in experimenting with the bread recipe accidentally combined natural food substances which react together to form a natural appetite or hunger inhibitor.

There are also facts being uncovered that support Theory 2 that this bread was designed in ancient times for the express purpose of tiding over people when food supplies were scarce. Let's start with the Hunzas who are the healthiest people on earth. I consider their bread to be one of the main reasons for this.

Question: "Before you do that, Ben, I would like to give the reader a little background of the Hunzas. I have here a feature published by the American Health Institute which has been in many major newspapers across the country. Here is an excerpt from this feature:

"The Hunzas exist isolated from the rest of the world in the Himalayan Mountains where they live to be 120 to 140 years old. They have no cancer, heart attacks, or other major disorders to speak of. They are active and fit to the very end. Most father children at 100 years and older. Overweight people are unheard of for they have the perfect weight control system."

The story then relates research and fact finding visits to Hunza by such notables as Art Linkletter and N.B.C. National Geographic Magazine. Frank Shor, Lowell Thomas, Jr., Chou Lin Lai of China and Queen Elizabeth of England. Visitors to Hunza all came back with the same identical description of the Hunza people.

"Hunza men are straight, tall, broad-shouldered, deep-chested, slim-waisted, heavy-legged, and have full heads of hair. Hunza women are straight, tall, slim-waisted, developed bosoms, perfect complexions, and luxuriant hair. Both men and women have perfect teeth and eyesight — even at 100 years and older! They are neat, clean, intelligent and friendly. And you can't find an overweight person. Hunza women at 80 look no older than American women of 40. Fatigue is virtually unknown. Hunza men over 90 years old repeatedly walk the mountain trail of 65 miles from the town of Gilgit with a full pack and immediately start to work in the fields again."

The article then relates an eye-opening experiment by the world renowned, brilliant English surgeon, Dr. Robert McCarrison, who tested the merits of the Hunza diet in a controlled, scientific experiment on 5,000 laboratory rats. He took the one group of normal rats and put them on the Hunza diet. He then took a second group and put them on a diet such as that of England. After several years the rats on the Hunza diet showed absolutely no disease, had proper weight and were completely healthy beyond normal. The rats on the English diet were overweight, diseased and had tumors, ulcers, bad teeth, crooked spines, falling hair, skin disorders, heart trouble, kidney trouble, glandular trouble and they were very hostile. He then took these diseased rats who had been on the English diet and put them on the Hunza diet. They all became well!

O.K., now we can continue. So, you feel that the Hunza bread may be by design both a hunger suppressant and a super health food?

Answer: "Yes, but if it is, there is a question, who designed it? Now the Hunzas were originally soldiers of Alexander the Great. This bread may have been designed for the use of his far traveling armies. It would make sense. It's the most compact form of hunger satisfaction and nutrition I know of."

But further investigation brought about some really wild possibilities. According to traces of Macedonian Heritage, this bread could have originated in Egypt over 5,000 years ago. As we know, the Egyptians were capable of doing many things that modern science cannot duplicate.

But getting back to the focal point of this matter, regardless of where it came from, we have it. And, it's tested and it works.

Question: "That bread in the oven is smelling better and better. And since we're going to discuss the bread, let's go to the discoverer, Nancy, how did it all start?"

Answer: "Well, as I mentioned, Ben had been investigating the Hunzas for many years and was convinced that their bread was one of the major reasons for their good health. So he asked me to duplicate it and use it as our bread. I thought it would be easy at first but it turned into a nightmare. The recipe that visitors to Hunza came back with were either too general or did not turn into bread at all. Therefore, I made a list of all the key food elements in Hunza and started experimenting and tried to come up with the taste and texture described by the Hunza people. I was also trying to come up with a bread that would taste good so that the kids would eat it."

My final product consisted of some 15 different key food elements, stone ground whole wheat flour, two Hunza dairy products, a special oil from the pit of a fruit, certain minerals and various special herbs. The fruit oil in the bread is believed to be the reason that the Hunzas have such a good circulatory system and it is said to be the secret to the Hunza women's flawless, ageless complexion. It may also possess special disease immunity qualities along with the special herbs."

Question: "How long did it take before you were successful?"

Answer: "Oh, in about three months of off and on experimenting. I finally hit on a perfect batch one summer morning. I've since in the family had some bread and raved about the taste. With no exaggeration, it tasted at least twice as good as store bought bread and was the best bread we had ever tasted. After eating the bread, nobody had an appetite that day and the kids were not hungry for lunch which was very unusual. But, we passed it off at that time."

Then we started to notice that whenever we ate the bread during the day we were not hungry for the evening meal. It got so that I would not allow anyone to eat the bread unless it was with the meal in the evening. But, then I found that when I served it at dinner everybody ate a much smaller amount of their meal.

It got to be a standard routine that if we were going out to eat or if I was cooking a special meal, the bread was not allowed for that day. I was very peeved that my delicious bread had turned into a monster — a monster that devoured appetite and hunger."

Question: "How long did it take you to realize that what you really had was the all-time weapon against obesity?"

Answer: "You know it was quite a long time. Six months or so. And, my husband was involved with obesity research every day. Also, both of us had trouble with being overweight. There it was right in front of our noses; but, we were too close to it to see it."

Then one day we were talking to a friend of ours who was telling us that she was taking prescribed pills to reduce her appetite. It hit us both like a lightning bolt. We jumped up and said, "Boy, here we got the thing for you!" That was it.

We both were ready to kick ourselves for not seeing it before.

Both my husband and myself started using the bread as a weight loss device and we shed pounds like water off a duck's back, faster than any weight loss method we ever tried, and, we have tried them all. We then named the bread NO-HUNGER BREAD.

Question: "Ben, according to your research, exactly how does it compare to some of the new fad diets such as liquid protein?"

Answer: "There is no comparison. Those diets are in another league, the minor league, next to the NO-HUNGER BREAD."

The latest fad diets such as the water and protein, the low carbohydrate and the new liquid protein are not only ineffective, they are downright dangerous.

When I say they are ineffective I mean that either a person will not stick with them because they are uncomfortable or when the diet is over they will put the weight right back on.

All of us lifetime dieters know of the miseries of the water protein and the low carbohydrate diets. They don't seem bad for the first few days, then they become repulsive. You get "full" on these diets but not satisfied. Then they bring on unpleasant complications that jeopardize your health.

The new liquid protein diet is the worst of all. This diet is really dangerous to your health and most unpleasant. This diet causes fatigue, dizzy spells, bad breath, hair loss, oily skin, constipation, kidney problems, liver disorders, and cardiovascular disorders. All that stuff they tell you about liquid protein is utter nonsense. What it really amounts to is fasting. But, they tell you that "in fasting the body attacks the body protein first." That is hogwash. Fasting is an effective and healthful practice used by the greatest men in history for over 2,000 years. The Hunzas fast regularly and they live to be over 120 years old.

Liquid protein actually runs a fast. The only thing you do when you add liquid protein is cause problems. You have a less effective fast and the excess protein wreaks havoc with the body. All the liquid protein diet amounts to is a scheme to sell liquid protein.

Question: "I know what you're talking about, I'm what you call a 'lifetime dieter' myself. These fad diets are just that — fads, because as soon as people find out how bad they are, they disappear. Now, I like finding out about a diet that's been around at least 2,000 years. That rings of stability. (At this point Nancy took the bread out of the oven to cool. It looks very appetizing to say the least.) Tell me the advantage of the NO-HUNGER BREAD. I will get a piece, won't I?"

Answer: "Oh, yes, just as soon as it cools a little. There are primary and secondary benefits. The big primary benefit is that mostly the dieter does not suffer AT ALL! It is such a natural and powerful appetite inhibitor.

This bread satisfies both appetite and hunger. And it does it with only 84 calories (100 calories spread with butter) as effectively as most 1800 calorie full meals. We define appetite and hunger like this: appetite manifests itself mainly in the mouth. It's that craving you get that is what I call the cold mouth feeling. It can also be present even though you have just eaten. Your stomach may be full but you still crave something. This is the feeling you get with the protein diet. You can stuff yourself with protein diet until you're ready to burst but the cold mouth craving is still there. Hunger on the other hand manifests itself mainly in the stomach with pangs or an empty feeling. After just one or two slices of NO-HUNGER BREAD you kill both appetite and hunger. You feel both satisfied and full. And, it lasts — depending on the person — up to 7 hours. For both of us it lasts 6 to 7 hours."

Question: "What is the secondary benefit?"

Answer: "Well, first of all each slice of NO-HUNGER BREAD is close to being a balanced meal in itself. So right off the bat you don't strip your body of nutrition or give it too much of one thing or too little of another.

Second, not only is the bread nutritional, but it contains some proven good health producing foods of the Hunzas. Also, it is high in roughage or fiber. It passes through your digestive system quickly so the actual absorbed calories are less. You also become very regular eating this bread."

Question: "Nancy, tell me what it's like to eat a piece of the bread, that is, what do you experience?"

Answer: "O.K., let's start with the eating. We suggest eating it hot out of the toaster thinly spread with butter. It is a heavy bread and will get hot in the toaster without over crisping. I require one slice, my husband requires 2 slices. Eating it is the first delightful experience. It tastes better than any bread that we have ever eaten. Along with the taste, being warm makes it truly satisfying to eat."



Nancy Sperry in her (co-) kitchen in Canton, Ohio. This is exactly where the bread was invented while trying to come up with a good tasting, high roughage bread. As it turned out she accidentally invented a bread that eliminates hunger and takes off weight the most painless way possible.

Now, here's what it's like hour by hour after you eat the bread.

Hour 1 and 2: Each minute after you finish eating the bread seems like a build-up of a "fullness" feeling. It's just as though you have kept on eating. You keep getting fuller and fuller. Both your appetite and hunger are fully satisfied. You don't crave anything else.

Hour 3: In hour 3 something different happens. The thought of food is actually repulsive. You don't get nauseated and it's not unpleasant, quite the contrary. But, you just don't want food in any way, shape or form.

Hour 4 and 5: You no longer have the stuffed or repulsiveness for food feeling, but, kind of a nothing feeling. You don't want to eat, and you don't crave anything. It's just as I said, a comfortable "nothing" stage.

Hour 6 and 7: Toward the end of the 6th hour you begin to get mildly hungry which then builds up being good way into the 6th and 7th hour."

Question: "Now, all that for only the cost of 100 to 200 calories. You can't get that performance out of a 2,000 calorie meal can you?"

Answer: "Right. Now you've got the gist of the whole thing."

Here's another little known thing about standard lunch hours and dinners. Say you eat a milk shake, hamburger and french fries for lunch, that's over 1,000 calories. There's a lot of sugar and salt in that meal. When you've done the first thing that happens is that your body shoots a large amount of insulin into your system to counteract the sugar. Your blood sugar is lowered and within an hour you feel hungry again and start snacking. On top of that the salt has made you thirsty and you gulp water or soft drinks and retain the fluids.

Then if you try "weight watchers" lunch, you would have to eat between 400 to 600 calories of cottage cheese, lean meat, and eggs to feel reasonably full. But, you would not be satisfied and almost immediately you would be hungry again and need to consume more of the same.

You can't win. There is not an existing diet where you will not suffer in some way."

Question: "Ben, exactly what kind of a program do you go on to lose weight with NO-HUNGER BREAD?"

Answer: "There are many ways to do it. This is another benefit. It's flexible. Here are some typical plans. Each slice of bread here is thinly spread with butter for a total of 100 calories."

Plan A: Eat 1 slice every 5 hours of the 16 hours you're awake. That's 3 slices which total 300 calories. This is the fastest way to lose weight I know of. It works faster for me than any high protein diet. Why? You have more energy and burn more calories. Second, the high fiber bread keeps your digestive system regular. Third, your body stays healthy. A healthy body means a properly functioning metabolic system.

Plan B: Really gorge yourself with the bread. Two slices every four hours for a total of 8 slices but only 800 calories. You will feel stuffed all day. In fact, I doubt many people could eat this much of the bread.

Plan C: Eat a slice in the morning for breakfast and a slice 3 hours before your dinner and you will eat a great deal less."

Answer: "You will soon find out. Here is a piece. Spread it thinly with butter and eat away."

I prepared my slice with butter. The bread was medium brown and it was a heavy bread. It had a very appealing grainy texture and when I spread the butter on the warm slice it melted into the bread and made my mouth water.

I took a bite. The delicious taste of the bread filled my mouth. You could tell that it was hearty, full of substance, chewy, and I could just tell it was good for you. Maybe the body still does have some instincts to tell good from bad. White bread gives you an empty feeling like you're biting into cotton compared to this bread. It was indeed the best bread I had ever tasted. I gobbled up two slices. I felt very full and satisfied. I watched the time. It was 1:25pm.

Question: "You were not exaggerating were you? That is out of this world. It just gives you what you crave. I can't put my finger on it."

Answer: "The best part is yet to come. Let me know what you experience by calling us in about 6 hours."

Question: "I'll tell you my appetite is just about gone right now. I see what you mean by the build up effect. I feel like I've just eaten a full course meal. But now how do people get the bread?"

Answer: "The recipe has been turned over to the American Health Institute. Many of the ingredients are hard to come by, so we felt the best way to make it available to the public is to buy these rare ingredients in bulk and make the whole thing into a pre-mix. The American Health Institute has contracted with a reputable food processor to prepare and package the pre-mix. The food processing company is the supplier to the largest baking companies in the country. The American Health Institute will do the distributing by mail for the present. Here are the ordering details for the public:

For those who wish to order the bread pre-mix, it comes in a package which contains everything you need to make 4 loaves. Each loaf has about 20 slices of bread. Each 4-loaf pre-mix costs \$8.00 plus \$2.00 for shipment, packaging and postage."

Question: "That's about \$2.50 per loaf. Do you think people will consider that expensive?"

Answer: "First they should know that the ingredients in the bread are very expensive and you can't compare it with cheap, store bought bread which contains little of anything. However, actually it is inexpensive. What people are buying here is a weight loss and weight control product. Other weight control methods are much more expensive. Buying high protein food such as steak, eggs, etc. add up to an astronomical food bill. A three day supply of liquid protein costs over \$7.00 and, everybody knows how expensive doctors are."

Not only is it the least expensive weight control method it even saves you money. I notice a 20% drop in my grocery bill. With this bread you eat less, especially snacks which are the most expensive grocery items and the worst thing for you."

Question: "So much for that. Well, thank you for your hospitality and a most enriching interview."

Answer: "You're quite welcome."

At 7:30pm I phoned the Sperrys with the results of my post bread eating hours. It went like clockwork, exactly as they had described it. No hunger for 6 hours. Their bread is truly a discovery. I am impressed. The way that the bread is going to help the fight against obesity is endless. You will be hearing a great deal about it in the very near future. For those who wish to purchase the bread right now, I will publicize the ordering coupon here which will allow you to order your bread by mail or phone:

FOR PUBLIC USE

NO-HUNGER BREAD ready mix is complete with all necessary ingredients and makes 4 loaves of bread which cut up into 20 slices for each loaf. You simply add water. The ready mix also comes with a report on tested ways to use the bread to lose weight the fastest way possible.

TO ORDER BY MAIL: Indicate the number of 4-loaf mixes you want, fill out your name and address below, clip the coupon and enclose it in an envelope along with your payment of \$8.00 plus \$2.00 shipping, packaging and postage, for a total of \$10.00. Make payment in cash, check or money order. Make checks payable to The American Health Institute.

Please mail me _____ package(s) of 4-loaf NO-HUNGER BREAD ready mix at \$10.00 for each package. PLEASE PRINT

Name _____

Address _____

City _____ State _____ Zip _____

Mail to: American Health Institute, Dept. B-25, 125 American Health Institute Blvd, Canton, Ohio 44707

TO ORDER BY PHONE: 1) Dial this TOLL FREE number, 1-800-321-0000 (Ohio residents dial 1-800-362-0636) and ask for operator B-25. 2) Buy the words "NO-HUNGER BREAD". 3) Give your name and address. 4) Indicate the number of 4-loaf mixes you want. 5) Give the operator one of your following credit card numbers: Master Charge or Visa (also include your Interbank number). Or, if you don't want to use a credit card, tell the operator you want it mailed C.O.D. Operators are on duty right now and around the clock.

Direct any inquiries to (216) 494-4282. Toll free operators only take orders and are not qualified to answer inquiry questions.

This offer carries a full money-back guarantee.