

The Machine That Peels Off Pounds While You Sit Back And Enjoy It

IT'S EASY..... BUT IT WORKS!

In my story, I am going to reveal to you a new discovery that only a few people know about right now. It's about a machine that takes off weight the quickest, easiest and safest way possible. This method is recommended with one of the highest ratings by the leading consumer magazine. It has already been written up in the editorial section of The Chicago Tribune, The Chicago Daily News, Philadelphia Magazine, Ladies Home Journal, American Home, Vogue, etc. In my opinion, this finding is going to have a tremendous impact on public health. Why? Because over 40% of the American population suffers from obesity. Obesity is a major contributor to psychological disturbances and cardiovascular disease—the nation's No. 1 killer.

By B.J. Porter
(CANTON, OH.) The story you are about to read is true and factual. It happened to me, B.J. Porter.

I am a reporter. My employer is The Publishing Corporation of America, a major, national publishing firm, as you probably are already aware.

A while ago, I was summoned to my boss's office. He told me that he had a report that a leading obesity doctor and a New York corporation had produced the most powerful weight-loss tool yet developed. I was to investigate this product.

This is a normal procedure. If my company sells or publishes a product, it must first be thoroughly tested for claims, reliability, quality and safety.

However, the fact that I was chosen to investigate this particular product was most humiliating and embarrassing to me because I stood there in front of my boss at my usual 28 POUNDS OVER-WEIGHT. My boss told me

not only to investigate this new weight loss tool but to actually use it myself.

I had been overweight nearly all my life of 33 years. Each year I got older, the number of overweight pounds increased. I tried everything—appetite inhibitors, local doctors, pills, fad diets, protein and water diets, low carbohydrate diets, sweat suits, mechanical gadgets—you name it. Nothing worked. I did manage to lose weight occasionally by starving myself, but I found that I immediately put the pounds right back on.

So, here I was, off again to try another crazy weight-loss method that doesn't work—so I thought.

My plane landed in New York on a cool, drizzly morning in early September. I was meeting at 10:00 a.m. with Norman Graybar and a leading obesity doctor.

The doctor is the director of the diabetic and obesity clinics of a medical college and major hospital in the East. Norman Graybar is a top executive with a leading research institute. He is the creative genius behind two successful adaptations of the computer to everyday life. Both of these computer applications have become very famous. With the doctor, he had apparently come up with a third major computer adaption to solve one of life's major problems. (The doctor is a very conscientious and scientific person who adheres strictly to the code of the A.M.A., which states that a doctor cannot advertise. The doctor is unlike certain doctors who have put out fad diets with no medical or scientific backing. Therefore, we cannot reveal the doctor's name here. The doctor's name, hospital name and address are available upon request. Simply write to the address below or call me at (216) 494-4282.)

That September morning the most interesting history of this project was related to me. Little did I know that the secret of the successful cure of obesity was about to be revealed to me. Nor, did I know this meeting was going to change my life.

To give you the total background of this project would take enough pages to fill a library. So, I am going to give a capsule report.

The gist of the matter is this. The doctor here is, in my opinion, the leading obesity M.D. in the nation. He is so successful that people, including famous people, literally stand in line for his services. Through 12 years of research with real-life patients, he discovered the secrets of weight loss.

First, his method is based on his finding that **THERE IS A DIFFERENT REASON THAT EACH PERSON IS OVERWEIGHT**, therefore, the cure must be **PERSONAL**. The second basis for his method is the fact that if a weight-loss method is to work, it: 1) Must not make the patient go hungry, 2) Must not make the patient eat foods he does not like, 3) Must not force change of habits, 4) Must be nutritionally sound. Through the doctor's research knowledge, he was able to mix food to get the proper bulk, nutrition and chemical consistency to produce fast weight loss while still enabling the patient to eat his favorite foods.

To tailor his methods to each individual was a massive and lengthy process. It required the speed and decision-making ability to make his method fast and super efficient. So, in cooperation with Mr. Graybar, the project was launched.

After two years and a quarter of a million dollars in capital, they produced

what the experts are calling, "the most powerful weight loss tool yet developed". It works like this.

You answer a group of scientifically selected questions. Your answers to these questions are fed into a huge IBM 370-145 computer. The computer analyzes your problem by scanning and processing the more than three million bits of research data on its storage banks. The machine then computes the solution to your problem. The process involves over 500,000 separate calculations and decisions. The computer then prints the solution to your problem. This consists of five pages of precise advice and a unique 21-day diet which is the most advanced in medical history.

How well does this computerized diet and advice work?

I was looking at letters from thousands of people who had already used the computerized diet—letters which said, "I lost 50 pounds in five weeks," "I lost 12 pounds in three weeks," "I lost 18 pounds in three weeks..."

Here are just a few of these letters:

"I never thought in my whole life I could ever be thankful enough to shout about saying I am on a diet. And believe me, what a diet. I started it on July 22. I was then 155 lbs. I now weigh 145 lbs. To me that is terrific."

...Terri Lorenz - Edgerton, Ohio

"I have lost 50 lbs. and I do not want to gain it back. Your diet sure worked well. And now that I have removed the weight I wanted to, I need your help in keeping it under control. Please let me know if I can change my food preferences a little and get another diet."

...Raymond Matthews - Silver Spring, Maryland



"I filled out the interview sheet at the bottom of this page one month, and the next month I was 28 pounds lighter—before I knew what happened, with no work, with no suffering. The above machine did all the work for me. The feature I liked best? WITH THIS METHOD, I COULD EAT ALL MY FAVORITE FOODS! Check the list below for your favorite foods."

"My daughter is most satisfied with her diet and has, to date, lost a total of 25 lbs. since beginning with your diet. She looks very well and does not have any flab whatsoever. We are quite satisfied and pleased with her results and tell everyone about what a fine program you have."

...Mrs. Phillip Donahue - Los Angeles, California

"I am so pleased with the diet you prepared for me. I have lost 13 lbs. in two weeks. Many people have asked me where they can get an application. Could you send me about 20 of them so that I can give them to my friends?"

...Juanita Pringle - Greenbelt, Maryland

"I just want you to know that I have never been so pleased with myself as I am right now. When I started the diet on June 1, 1974, I weighed 161 and today I weigh 120, just one pound more than I

weighed in November, 1945, when I got out of the service! I have tried other diets, even took pills under doctors' instructions, but nothing worked as well as the computer diet has worked. I have taken in my clothes so many times that it is much easier to start new. When I buy anything new, I can usually take a size 8 or at the most a size 10."

...Loretta Ferguson - Vernon, Connecticut

So now came the acid test. I was going to try the diet. I was convinced logically that it would work, but so many other diets had failed me. Disbelief was still lodged in the back of my mind.

I filled out the personal interview form—the one shown at the bottom of this page. A few hours later, I was presented with a bound, 5½" by 8½", 44 page, computer-printed output.

It contained meals of breakfast, lunch, supper and snack for each day for 21 days. Each meal had the

food listed in exact portions. No calculations or calorie counting was necessary. It also contained five pages of personal hints and instructions and a list of foods that could be substituted for each other if I was unable to obtain certain items on a given day. So, I flew back to Canton, Ohio, with my diet and apprehensive attitude.

How did it work? Well, first of all, I want you to know that it is nearly impossible for me to lose weight. I simply lose weight slower than anyone I know. Doctors tell me I have a low metabolic rate.

But, to my astonishment, with this diet, I lost exactly 28 pounds in exactly 7.7 weeks. And, that's not all. There were many other pleasant surprises that diet had in store for me.

It was super easy and enjoyable. The machine did all the work for me. All I did was follow simple instructions. And, before I knew it, it was over with.

I couldn't remember eating so well as I did during this diet. I had been used to picking during the day and eating one meal at night. Here I was eating three "squares" and a snack. These meals consisted of such things as hot roast beef sandwiches and gravy, steaks, eggs, cheese, nuts, corn, cereal, sausage, strawberries, salads, potatoes, cocktails, bread, potato chips, etc.—all my favorites. I didn't feel bloated—but pleasantly stuffed.

However, something else was happening besides just weight loss. The difference in the way I felt was like night and day. I felt tremendous, I had an overabundance of energy. I was more alert, my complexion went from ruddy to clear, I had more color, my hair stopped falling out so much and lost its brittleness and my periodic headaches seemed to disappear. I wasn't informed this would

happen in the interview, but it wasn't too hard to figure out. It was obvious that these bonus benefits had occurred because: 1) this diet gives a person the proper nutrition most Americans lack, 2) you become very regular on this diet, 3) your internal organs function as they should with proper bulk and food composition, and 4) you sleep much better. In fact, I think the doctor overlooked another big reason his diet works. If the body is healthier, all of its functions will work better including those which monitor weight and burn up excess fat.

Another plus I was finding out about the diet is this. It's fun to do. There are no calculations or work. The meals are fun and exciting to prepare. You actually look forward to each day for the fun of preparing the next variety of foods.

I still haven't told you the best part, the effect it had on my life. To be honest, I don't have words to describe it. If you can imagine in early September, I was an ugly 28 pounds overweight. Here, the next month, in late October, I had lost 28 pounds—leaving me at my ideal weight, looking slim, fit and attractive. No more feeling as though my clothes were trying to strangle me.

It was like I had stepped into a new world. Persons of the opposite sex, who virtually ignored me before, were now making a fuss over me to the point of being downright aggressive. People of both sexes showed more respect toward me. My better appearance gave me more confidence. My sphere of friends began to increase. The combination of these things was shortly to bring me a job promotion. (Studies show that there is a direct relation to physical appearance and career success.)

It is a very emotional experience to regain your self respect. I couldn't help remembering a scene from a documentary on the late Vince Lombardi where he had just made winners out of the Packers who had known nothing but humiliation and ridicule before. It's a proud "lump in my throat" feeling to know, "they aren't laughing at you any more."

I could tell you much more but for now, that's my story. I hope I conveyed to you the true excitement I feel for this product.

For those who wish to obtain the doctor's computerized diet, just fill out the form below and follow the simple instructions. The price is \$9.95 plus 50¢ postage and handling. I know that's expensive, but I think we have all learned by now that "you get what you pay for". With the computerized diet, you will end your weight problem once and for all. My company guarantees this. If for any reason you are dissatisfied, you may return this product and receive every cent of your money back—no questions asked.

But, I guarantee you will be more than satisfied. Because, through my own personal experience, I have found that this product has a quality that is rare nowadays.—IT WORKS. (If you have any questions, phone me at (216) 494-4282.)

With each food item place a check in the first box if you like to eat often ; Second box if you like to eat occasionally ; Third box if you eat only if you have to ; Fourth box if you absolutely dislike or are allergic to

FRUITS & JUICES

- 31. Apples
- 32. Apple juice
- 33. Applesauce
- 34. Apricots, fresh
- 35. Apricots, dried
- 36. Avocado
- 37. Banana
- 38. Blackberries
- 39. Blueberries
- 40. Cantaloupe
- 41. Cherries
- 42. Cranberries
- 43. Dates
- 44. Figs, dried
- 45. Figs, fresh
- 46. Fruit cocktail
- 47. Grapefruit
- 48. Grapefruit juice
- 49. Grapes
- 50. Grape juice
- 51. Guava
- 52. Honeydew melon
- 53. Lemon juice
- 54. Mango
- 55. Nectarine
- 56. Orange
- 57. Orange juice
- 58. Papaya
- 59. Peach
- 60. Pear
- 61. Pineapple
- 62. Pineapple juice
- 63. Baking banana
- 64. Plums
- 65. Prune juice
- 66. Prunes, dried
- 67. Raisins
- 68. Raspberries
- 69. Strawberries
- 70. Tangerine
- 71. Tomato juice
- 72. Watermelon

VEGETABLES

- 73. Asparagus
- 74. Bamboo shoots
- 75. Bean sprouts
- 76. Baked beans, no pork
- 77. Beans, lima/navy
- 78. Beets
- 79. Broccoli
- 80. Brussels sprouts
- 81. Cabbage
- 82. Carrots
- 83. Cauliflower
- 84. Celery

- 85. Celery cabbage (Chinese)
- 86. Corn
- 87. Cucumbers
- 88. Eggplant
- 89. Eggplant
- 90. Escarole
- 91. Beet
- 92. Chard
- 93. Collard
- 94. Dandelion
- 95. Kale
- 96. Mustard
- 97. Parsnips
- 98. Spinach
- 99. Turnip
- 100. Lettuce
- 101. Mixed vegetables
- 102. Mushrooms
- 103. Okra
- 104. Olives
- 105. Onions
- 106. Parsley
- 107. Parsnips
- 108. Peas, green
- 109. Peas, split
- 110. Peppers, green
- 111. Peppers, red
- 112. Pickles
- 113. Pimiento
- 114. Potato chips
- 115. Potatoes, baked or boiled
- 116. French fried
- 117. Mashed
- 118. Sweet or yams
- 119. Pumpkin
- 120. Radishes
- 121. Rhubarb
- 122. Rice or grits, cooked
- 123. Rutabagas
- 124. Sauerkraut
- 125. Watercress

- 126. Squash, winter
- 127. Squash, summer
- 128. String beans
- 129. Tomatoes
- 130. Turnips
- 131. Watercress
- 132. Celery salt
- 133. Cinnamon
- 134. Garlic
- 135. Garlic salt
- 136. Horseradish

- 137. Lemon
- 138. Mint
- 139. Mustard
- 140. Nutmeg
- 141. Pepper
- 142. Saccharin
- 143. Other sugarless sweeteners
- 144. Spices
- 145. Vanilla
- 146. Vinegar

BREAD

- 147. Bagel
- 148. Biscuit, roll
- 149. Bread
- 150. Cereal, cooked
- 151. Cereal, dry
- 152. Cornbread
- 153. Crackers, cheese
- 154. Crackers, oyster
- 155. Crackers, graham
- 156. Crackers, round
- 157. Crackers, saltine
- 158. Crackers, soda
- 159. Flour muffin
- 160. Flour
- 161. Matzo
- 162. Melba round
- 163. Pizza
- 164. Sponge cake, plain
- 165. Tortilla

MEAT & FISH

- 166. Bacon, crisp
- 167. Frankfurter
- 168. Beef
- 169. Chicken (white)
- 170. Chicken (dark)
- 171. Chicken livers
- 172. Duck
- 173. Ham
- 174. Lamb
- 175. Liver
- 176. Pork
- 177. Turkey
- 178. Veal
- 179. Pigs feet
- 180. Sausage
- 181. Tripe
- 182. Caviar

- 183. Clams
- 184. Codfish
- 185. Crab
- 186. Lobster
- 187. Mackerel
- 188. Oysters
- 189. Salmon
- 190. Sardines
- 191. Scallops
- 192. Shrimp
- 193. Tuna

DAIRY

- 194. Butter
- 195. Margarine
- 196. Butter milk
- 197. Cheese, cottage
- 198. American
- 199. Cheddar
- 200. Muenster
- 201. Parmesan
- 202. Roquefort
- 203. Swiss
- 204. Cream cheese
- 205. Cream, heavy
- 206. Cream, sweet
- 207. Sour cream
- 208. Whipped cream
- 209. Egg
- 210. Ice cream, dietetic
- 211. Junket
- 212. Milk, evap. skim
- 213. Powdered skim
- 214. Milk, whole
- 215. Milk, skim
- 216. Yogurt

OTHER FOODS

- 217. French dressing
- 218. Mayonnaise
- 219. Tartar sauce
- 220. Nuts
- 221. Oil or cooking fat
- 222. Peanut butter
- 223. Coffee
- 224. Tea
- 225. Sugar-free soft drinks
- 226. Fat-free bouillon
- 227. Gelatin

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