



This woman is giving herself the equivalent of eight hours of "solid sleep" relaxation in a mere minute! Just one of the fabulous Yoga exercises you can master—on sight!

World's Easiest Yoga

At long last—Yoga that is so downright easy, you can learn it at first sight! So rewarding, it cuts years off your appearance—recharges your body with youthful energy—flushes out of your system the internal poisons that keep you half-ill today! And does it all—in just a few miraculous minutes a day!

Specially designed for men and women OVER FORTY, even if they have neglected and abused their body for years. A new system of HEALING YOGA—consisting, not of exercises, but of simple HEALING POSTURES designed to re-direct the blood flow within your body to help you:

- 1) Flush out through your pores the internal wastes and poisons that make you OLD today . . .
- 2) Massage and stimulate hidden glands, thus strengthening your powers of digestion and therefore mostly increasing the energy output of your body . . .
- And—most important of all—
- 3) Flood with super-nourishment the neglected upper-body tissues of your face, neck and hair—and thus dramatically slow down the drying and collapsing process that is aging your appearance faster and faster every year.

All done so easily that your heart won't add even a single extra beat. (So incredibly easy in fact, that the book that brings this new HEALING YOGA to you—to read entirely at our risk—is filled with photos of seventy and eighty-year-old men and women mastering these poses. You must SEE them to believe them.)

How To "Freeze Your Age" For The Next Thirty Years

But why should there be a special book on YOGA OVER FORTY? Why such emphasis on HEALING Yoga? *Why are the techniques in this book specially designed to take the abused and fatigued "middle-aged body," and perhaps give that body MORE strength and MORE vigor and MORE resistance against disease than it had even years before!*

The answer is simple:

Because "middle-age" (and Yoga defines middle-age as the period between forty and eighty) is the last great crossroads of every human life. It is at this point—NOW—that you make the vital decisions that will either propel you onward to sickness and old age . . . or turn your "physical clock" backward in health and strength and appearance to what can only be called "A SECOND YOUTH."

The choice is completely up to you. Because if you leave your body alone after forty, the aging processes pick up a disastrous speed. A chronic tiredness begins to haunt every day. You put on weight you can't take off. The skin of your face begins to crumble faster and faster—because your heart just can't pump up enough nourishing blood to keep it young any longer.

And, most important of all, gravity—the great killer of all animal life on earth—begins to weigh down your body more and more every year. Until it becomes difficult to walk, almost impossible to run, a terror to climb stairs. Until your entire body becomes a battlefield of aches and pains. Until you find yourself cutting out half the real FUN in life—because suddenly, tragically, you're just "TOO OLD!"

This is sheer nonsense! It is caused—not by age—but by ignorance. Four thousand years of Yoga Youth till Ninety prove it wrong. Here are the facts. Here are the "Age-Freezers" and "Age-

Reverses" that YOU can use to build a wall against sickness and pain—like this:

How To Breathe Yourself Young! Stretch Yourself Young! Sleep Yourself Young!

For example:

Four new sources of energy you never dreamed existed—from the earth, air, water and sun. Page 90 shows you how to tap each one, in minutes.

Cleansing Breaths. Sort of Super-Sighs, that let you breathe weariness right out of your body.

Why the best tranquilizer in the world *doesn't cost a penny.* It's yours on page 94.

The Blood-Stream Purifier. Forces your body to BURN UP hidden poisons that may have been clogging your cells for years. You may feel the difference—in thrilling new freedom from indigestion alone.

Released for the first time to our knowledge: The simple technique that allows Yogis to *sit in the snow*, with only a loin-cloth, and be perfectly comfortable. YOU can use this same secret, in minutes, to *eliminate cold hands and feet all winter long.*

Previously undisclosed Yoga sex exercises. Their prime purpose: To transmute Physical Energy into Sexual Energy.

The single most powerful Yoga pose to delay the aging of the human body (page 115). And why it releases a virtual torrent of self-healing processes.

Weight-loss the Yoga Way. How can you lose weight like a young person, if you have an old person's glands? Therefore, Yoga works on your glands—not only to help you lose weight more quickly than you have ever dreamed before—but to actually help you eliminate ugly bulges that have plagued you for years.

Yoga Rejuvenators For Your Face, Your Hair, Your Spine, Your Teeth

Yoga says that age etches itself on your face for two reasons: Because that face becomes starved for enough nourishing blood; and because it loses the battle against gravity, and sags.

Therefore, *Yoga floods your face with blood at least once every day. And it temporarily reverses the power of gravity, to force that gravity to combat (at least for a few precious minutes every day) the destruction it has been wrecking on your face for years!*

The simple poses that do this are so powerful that they not only pour new youth into your face, but also:

- Irrigate the brain, and stimulate mental processes.
- Feed the gums and roots of your teeth, and increase their strength and longevity.
- Feed the scalp and hair follicles with the same rich nourishing

blood, and (in case after case reported in this book) *naturally help retain your own healthy hair.*

Prove It Yourself Entirely At Our Risk

But this is only the beginning, of course. Almost every page is filled with priceless health secrets, including:

How to avoid incomplete elimination—the number one cause of chronic poisoning of the system after forty.

A Yoga method by which the body can *continue to repair its own cells, right up until ninety.*

How to *stretch* sore-muscle back pain away. Make that sore spine as supple as a kitten's.

Deep internal massage. To firm the stomach . . . lead to inner cleanliness . . . increase the gastric fire.

A new way to stop smoking, *without* eating more (see page 52).

What Yoga can do for you to improve swollen ankles and feet.

Your best exercise to recharge the body—that takes only five minutes a day, and requires you to do ABSOLUTELY NOTHING (but in an entirely new way). See page 113.

And much, much more. *But you must try these simple poses yourself to really believe them.* The cost of this amazing new system of HEALING YOGA—called YOGA OVER FORTY—is only \$5.98 complete, if you decide to keep it.

It costs you nothing if you decide to send it back. *The decision is up to you.* We believe that SECOND YOUTH lies in the coupon below. If you are willing to test this simple rejuvenating method yourself, at our risk—why not send it in TODAY.

MAIL NO-RISK COUPON TODAY!

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119 Fifth Ave., New York, N.Y. 10003

Gentlemen: Yes, I want to try a copy of YOGA OVER FORTY by Nancy Phelan and Michael Volin *entirely* at your risk. I am enclosing the low introductory price of only \$5.98 for this deluxe edition. I will use this book for a full thirty days at your risk. If I am not completely delighted . . . If this book does not do everything you say, I will simply return it for every cent of my money back.

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