

ANNOUNCING—An exciting new way to lose weight with

# "Miracle FAT-BURNING Foods"

Now—see how the high-powered nutrients in these delicious foods CHASE FAT OUT OF THE BODY quickly . . . easily . . . painlessly . . . permanently!

Dear Friend:

This may well be the *greatest weight-loss breakthrough* of the century!

Sidney Petrie, a clinical obesiologist, has now completed his report on MIRACLE FAT-BURNING FOODS—foods packed with high-powered nutrients that chase fat out of the body like magic!

He states in no uncertain terms that you can lose 20...50...100 lbs. and more by eating these foods—and they're delicious!

You eat them as supplements to your regular meals—and enjoy more variety than you have been gaining weight on. *ONLY NOW YOU WILL LOSE WEIGHT!*

How can this be? Petrie explains it this way:

"Fat is lost when energy is being produced by the body. It follows that weight cannot be lost unless fat is effectively burned, a process requiring many vital nutrients."

*This is the secret, says Petrie!*

The nutrients in these foods are, in his words, "high-powered...bursting with vitality." They "nourish the cell structure of the body without adding to blood sugar."

### Fat-Burning... Safe, Easy, Fast!

Petrie uses the phrase "FAT-BURNING" to illustrate how these nutrients turn fat into energy. Rest assured that it won't cause you the slightest discomfort whatsoever...because it's exactly the same kind of energy-burning process that takes place when you lift your arm, or blink your eyes!

The only way you'll know it's working is when you look in the mirror and see pounds and inches *gone* all over your body!

Yes, it sounds incredible—that you can lose 100 lbs. and more by such food intake—but this is Petrie's promise to you. And he backs it up with proof!

### Many So-Called "Hopeless" Cases Helped!

Sidney Petrie's practice consists of so-called "hopeless" obesity cases referred to him by physicians and other medical specialists. Most of them had practically given up hope of ever being able to trim down!

**BUT HERE'S WHAT HAPPENED!** Even though they had known only failure with every kind of diet in the past...even though they had tried pills, exercises, and contraptions to no avail...as soon as they started eating the MIRACLE FAT-BURNING FOODS, mountains of fat literally *burned away* from arms, legs, waist, hips, neck and face.

"For many," says Petrie, "It has been not only a miracle, but a dream come true!"

*Here's Why He States That This Method Is Superior To Any Known Dieting Technique:*

"The diet—as it is commonly known—is an error."

"The error of 'diet' lies in its basic precept—temporary deprivation of nourishment...One cannot get this by temporary deprivation, no matter how long or how short the time. You cannot get thin by depriving your body over a period of weeks or months. You make it up as soon as the period ends."

Petrie reports how one woman was unable to lose weight until she started consuming the MIRACLE FAT-BURNING FOODS. They provide more nutrients per calorie than other foods, thus increasing the metabolic rate of the body so that "with metabolism at a higher clip, more energy is utilized and *more fat burned off.*"

### Approved By Physicians!

Of course, this method *seems* unorthodox. Not every authority in the field of dieting has heard of it yet—and many will doubtless find it incredible. Some may even disapprove. But it *has been recommended* by others, including *physicians*. For instance, Milton C. Kemp, M.D. says it "not only provides a safe, medically approved method of weight reduction but also a way of preventing the recurrence of excess poundage."

### Hundreds of Successful Weight-Loss Cases Tell The Story!

Petrie refused to release the facts about MIRACLE FAT-BURNING FOODS until he felt *absolutely certain* that they worked, safely and surely. As the evidence accumulated in his files, the conclusion became unmistakable! Petrie found that even people who had always experienced extreme difficulty trying to lose weight, like teen-agers and diabetics, scored *striking successes* with this method!

PEOPLE LIKE—

Mrs. H. C.—who had been on-and-off so many diets in the past, she had lost count! The most she had ever been able to lose was 6 lbs. over a 3-week period. Then she consulted Mr. Petrie, and was told to begin eating MIRACLE FAT-BURNING FOODS.

*The Result: 35 lbs. lost the very first month! 103 total lbs. gone just 6 months after that!*

• Mrs. M.—who would go on a "sweets kick" two or three times a week. She simply had no resistance against rich creamy cakes and pas-



tries! In desperation, she turned to Petrie and immediately was put on the MIRACLE FAT-BURNING FOODS plan.

*The Result: 62 lbs. quickly BURNED OFF, and the craving for cakes and pastries completely eliminated!*

• Mrs. G.—a diabetic, who (because of her condition) found it extremely difficult to diet. She always would suffer nagging hunger throughout the evening. After her doctor had recommended her to Petrie, he started her on MIRACLE FAT-BURNING FOODS.

*The Result: 5 lbs. lost the first week, remarkable for such a person. She immediately wrote back, saying she was recommending this method to other diabetics!*

Mrs. M.—who put on weight after giving birth, and found herself 32 lbs. too heavy. She had never tried to lose weight before, and felt tense and uneasy about having to do it. With the MIRACLE FAT-BURNING FOOD plan, however, these feelings were calmed immediately.

*The Result: all 32 lbs. vanished in 11 short weeks! "It was a breeze!" she said.*

Mr. R.—who had to eat and drink heavily at business lunches because his job depended on it. At 250 lbs., he looked 15 years older than he was! Unquestionably, the MIRACLE FAT-BURNING FOODS was a godsend.

*The Result: 80 lbs. melted off his frame in just 4 months! And he was still able to go on lunching with clients!*

Mrs. M.—who entertained at home a lot, and ate so much of the sweets served to guests that she ended up 40 lbs. overweight. The idea of MIRACLE FAT-BURNING FOODS seemed incredible to her, but she agreed to try them.

*The Result: 40 lbs. BURNED OFF in just 16 weeks! Her guests were so impressed, they started eating the same MIRACLE FOODS too!*

### Letters From Former Patients Keep Pouring In!

Day after day, letters come pouring into Petrie's office from former patients, expressing their joy and gratitude to him for his help. One writes:

"I've been on and off diets for 20 years...this is a miracle."

Another says:

"I find (eating these foods) one of the easiest ways to lose weight. There is no battling."

### Send for 30-Day No Risk Trial Right Away!

There's no better way to see how it works than this—use the amazing MIRACLE FAT-BURNING FOODS plan *at our risk* for 30 full days!

Here's all you have to do—fill out and mail the coupon together with your remittance for \$6.98, and Sidney Petrie's "Miracle Diet for Fast Weight Loss" will be sent to you for 30 days' no risk use. You either get the results you want in *vanishing pounds and inches*—or simply return the book for a full refund.

It is never too late to become what you might have been. The opportunity is here on this page, in the coupon below. Why not send it in—*at our risk—today!*

### MAIL NO-RISK COUPON TODAY

GREENLAND BOOKS, Dept. 6139  
4500 N.W. 135th St., Miami, Fla. 33054

Gentlemen: Please rush me a copy of Sidney Petrie's MIRACLE DIET FOR FAST WEIGHT LOSS! I understand the book is mine for only \$6.98 complete. In addition, I understand that I may examine this book for a full 30 days entirely at your risk. If at the end of that time, I am not satisfied, I will simply return the book to you for every cent of my money back.

Enclosed is check or M.O. for \$ \_\_\_\_\_  
YOU MAY CHARGE MY: MASTER CHARGE

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