

# She Sells YOUTH!

Perhaps you have read this fascinating story in the Chicago AMERICAN... Louisville COURIER... Sioux City JOURNAL—or dozens of other top newspapers:

There is a strange and beautiful woman in Chicago who has, for the last twenty years, been selling youth to men and women who were growing old before their time. Who has been selling sleep to people who had thought they had lost a full night's sleep forever. Who has been selling strength and blessed relief from pain, to people who have been racked with backache for years.

Her price is exactly one weekend of your time. Her method is a return to Nature, through simple gentle motions that free your body's locked-up vigor. Her full story is told here:

## Some of the startling facts this woman will teach you:

- 1) A new way to sleep—that automatically turns off the left-over tension in your body... lets you drift off in minutes... strengthens your spine as you sleep... and gives a virtual beauty treatment, every night, to those sag-prone muscles of your chin and neck.
- 2) Where most premature facial wrinkles really come from—and why, if you wish to prevent them, you should concentrate, not on your face, but your feet.
- 3) A new kind of energy food—that doesn't cost a penny because it's simply a new way for your body to use plain ordinary air. And how that same air that surrounds you every day can be used to improve your appear-

ance, your health and your vitality in a dozen different ways: including how to breathe yourself calm... how to swim in air as gracefully and as exhilaratingly as you now swim in water... how to float the upper part of your body in air, and thus make it feel weightless—so you can work all day with half the energy and half the tiredness that you feel right now.

- 4) A new kind of exercise that is not really exercise at all. Because if you want to strengthen or streamline any one part of your body, you don't really move it at all. For example, if you want to suck in your stomach, you forget all about it, and concentrate on one simple blowing action. Or, to build new power into your back, you move your ankle an ingenious way every morning in bed.

## Read These Amazing Newspaper Reports

### CHICAGO AMERICAN

"This is not a woman—this is a firecracker shooting off sparks of benevolence in all directions. She's like an earth mother with the looks of a fullblown Carol Channing who feels her mission in life is to help.

She wants to help women into a more healthful and supple middle age. She wants to bring camaraderie and sunshine into the lives of the grandparent generation. She wants to make rugged ramrods of every living soul with an aching back.

There are others who solemnly will swear she is the reincarnation of Ponce de Leon.

All her young adult life she had suffered from a bad back, went to countless doctors, osteopaths and exercise teachers, finally developed her own theories, and in time was conducting classes in the ballroom of the Shoreland hotel.

One of Gertrude's pupils, Mrs. John Alden Carpenter, a great grandmother with the straightest back and most twinkling blue eyes you ever saw, thinks nothing of demonstrating body dynamics at a party. She'll lie down on the floor doing leg kicks with the grace and rhythm of a ballet dancer, springs to her feet with the agility of a young woman.

She seemed to be using her body with such released joy. Who was she? A pupil of Gertrude's for the past 15 years. A woman of 60 who looks 45, is married to a younger man and admitted "If it weren't for Gertrude, today I'd be an arthritic old woman."

### THE SIOUX CITY SUNDAY JOURNAL

"A merry-eyed, tousel-headed, effervescent dynamo took the stage in the Mayfair hotel ballroom Sat-

urday afternoon and turned the November meeting of the Sioux City Woman's Club into a delightful audience participation show. With the effortless ease of a charming rag doll, Mrs. Gertrude Enelow illustrated how body dynamics can bring power into everything you do.

She proceeded to prove that by coordinating your breathing and your emotions, by coaxing your body back to its natural functions, you can almost swim in air."

Women of all ages, many of them grandmothers, are astonished at what their bodies can do without effort. Body Dynamics is not simply a matter of feeling good for hours; it gives them strength to withstand emotional pressures day by day.

### THE COURIER JOURNAL LOUISVILLE, KY.

"She wants everybody to feel as good as she does all the time. She stoutly believes that almost everyone can feel that good."

A chat with her charges you up faster than a pep pill.

"We lose our spring and bounce and buoyancy and thus we lose our youthful grace... it can be retained until our last day on earth; it doesn't belong only to youth... we don't need to lose it."

Body Dynamics, she says, differ from the isometric exercises having a vogue today.

"Our method brings people into a position of balance, which gives release of movement. It is absolutely effortless, and integrated with breathing, which is, in turn, related to the universal rhythm.

"Isometric, on the other hand, means off-balance.

"Exercise is something you should enjoy...

"Anyone can do my work with ease and joy and relate it to their spiritual development."

## Twenty Years of Proof, International Fame, Recommendations by Doctor After Doctor—All Back Up These Claims:

Every one of these claims—every one of these methods—may sound impossible to you right now. We do not blame you if they do. But you must realize this:

Every single one of these methods have been proven, on thousands of men and women of all ages, for over twenty years. They have been used, not only in the United States, but in Sweden, Norway, Germany and Russia—and praised in the national press of these countries.

For almost twenty years, doctors have been sending people to this woman: to help strengthen torturous backs... to gain desperately-needed sleep without tranquilizers or drugs... to bring back the natural energy, drive, vigor that these patients may have thought they had lost forever.

Over TWENTY daily classes in Chicago alone now teach these methods to the few people who are fortunate enough to be able to take them in person. Now, however, they are available in book form to every man and woman who is willing to gamble a five-cent stamp, and a single weekend of their time to learn them.

Here is what this first weekend alone will give you. It starts with the most vital energy-restorer of all—sleep.

## You Don't Know How to Sleep Today. No One Has Ever Taught You. This Book Does, In a Single Evening, as Easily as This:

This book starts by reminding you of an inescapable fact:

That sleep—deep, relaxed, completely-natural sleep—is the greatest source of energy your body will ever have.

But once you lose this gift of sleep and most adults have completely lost it—then you are draining energy and youth out of your body, exactly the same way that air drains out of a tire when it has a leak.

This book says that sleep is an art. It must be learned. It is an active ritual that takes about three minutes every evening, and accomplishes these two ends:

- 1) Turns off your mind, and lets your body float effortlessly into a deep sleep.

- 2) Arranges the parts of your body in bed—so that sleep will not be disturbed by tossing and turning, and so you will not wake up the next morning with a sore spine, or "pins and needles" in your arms or legs, or a stiff neck and shoulders.

No one has ever taught you this simple ritual before. No one has ever taught you before how to convert your body into a limp mass—without a worry, without a thought, without a single thread of tension remaining from the day that has just passed.

No one has ever taught you before how to sink into a mattress so deeply, that sleep must come. Without a single pressure on any nerve center of your body. With the small of the back com-

pletely unburdened at last. With the head perfectly aligned... the neck muscles relaxed and yet strengthened... the chin uplifted... even the muscles of your face glowing and toned.

This is a way of sleeping where not one single joint rests on another. Even the ankles and wrists are completely free. You will learn it in five minutes, the very first evening you pick up this book. You will wake up the next morning, more refreshed than you have known in years.

But this is only the first gift you receive from this amazing book. Here are just a few of the others:

## Your Body's Built-In Relaxers, Strengtheners, Streamliners—Now Put to Work for You for the First Time.

For example—

On page 33 you discover a six-second motion with your mouth, that instantly relaxes the over-tense muscles of your chest, heart and solar plexus—and drains hyper-tension out of your body like water running from a sieve.

On page 69 you discover how to turn the everyday movements of life into complete exercises by themselves. So that every time you sit, or stand, or reach out to pick up an object, you are effortlessly exercising and streamlining your body—keeping yourself in top condition without even realizing it.

On page 57 you are shown the built-in apparatus, in your left foot, that automatically corrects your worst posture faults... that relaxes and soothes the lower back muscles at will... and—most surprising of all—that irons out those ridgy, "washboard" inner thighs, that no other exercises you've tried could ever reach.

On page 113 you use, for the first time, your body's own built-in vibrator—that has you bursting with energy every morning in seconds... that calms you down after a full day's work—in two or three thrilling minutes—and gives you a new spurt of vitality for the evening's fun.

And much, much more. How to relax weary eyes—by looking at nothing. How to restore the natural forces that most people rob themselves of daily. A new way to sit that lifts your upper body right out of your

hips...coaxes your spinal column into its most healthful posture... makes hours at a desk pass like minutes.

Plus five astonishing energy-multipliers that you've always had at your fingertips, but never known how to use until today. Plus half a dozen fatigue-minimizers that focus effort, eliminate waste motion, develop startling new grace and rhythm in every motion you make.

## A Final Word of Warning:

All these, and much more, are contained in Gertrude Enelow's revolutionary new *Body Dynamics*—yours to read from cover to cover without risking a penny.

Two words of caution must be added, however:

- 1) It is a short book. It has only 128 pages in all. If you are a fast reader, you can finish it in a single weekend. Do not, therefore, expect a huge weighty tome, full of useless theory. Every page of this book is packed with practical, step-by-step direction, that you can use immediately to give you the strength and health and beauty that are locked up inside your body today.

- 2) And most important of all—do not be misled by the ease and simplicity of the movements given you in this book! Since most of them can be performed sitting down or lying in bed... since most of them have been mastered by men and women as much as ninety years of age... since none of them even cause you to "work up a sweat"—you may think for the first day or two that they cannot really be doing you that much good.

It is only after the first week that the true results begin to show you the incredible efficiency of these incredibly gentle movements—in the buoyancy with which you bounce out of bed each morning... in the relief from pain to which you have been a martyr for years... in the startled reaction of your friends, as they stop you on the street and beg you to tell them the secret!

Twenty years of proof... thousands of case histories... all tell the same story. Try this thrilling book, entirely at our risk, TODAY!

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Gentlemen: Yes, I want to try a copy of Gertrude Enelow's BODY DYNAMICS entirely at your risk. I am enclosing the low introductory price of only \$4.98, complete. I will use this book for a full ten 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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