

Now, a world-famous physician, who treats some of America's leading celebrities, says  
forget about drugs and realize that

# FOOD IS YOUR BEST MEDICINE

This is possibly the most controversial medical book for the general public  
ever written. We believe it may also be the most beneficial.

For in it, a leading physician (who cured himself of dangerous illnesses with food alone) asks you to:  
1) stop taking dangerous drugs...  
2) switch today to an enjoyable NEW way of eating that makes you glow-all-over with great energy—glorious vitality and above all, ROBUST HEALTH... even if you've spent the last forty years feeling "rotten"!

Look At The Photo Of Young-Looking  
Dr. Bieler Again. Then Realize  
That He Has Been A Hard-Working  
Physician For More Than 50 Years!

Dr. Bieler's message to you is quite simple: He wants you to know that, as a practising physician for the past fifty years, he has seen just about every illness and weakness that the human body can suffer. And he believes that the vast majority of ALL infirmities DO NOT HAVE TO EXIST AT ALL!

Let him tell you about this thrilling discovery, right now, in his own words:

"... I have reached three basic conclusions as to the cause and cure of disease. This book is about those conclusions.

"The first is that the primary cause of disease is not germs. Rather, I believe disease is caused by a toxemia which results in cellular impairment and breakdown, thus paving the way for the multiplication and onslaught of germs.

"My second conclusion is that in almost all cases the use of drugs in treating patients is harmful. Drugs often cause serious side effects, and sometimes even create new diseases. The dubious benefits they afford the patient are at best temporary. Yet the number of drugs on the market increases geometrically every year as each chemical firm develops its own variation of the compounds. The physician is indeed rare who can be completely aware of the potential danger from the side effects of all these drugs.

"My third conclusion is that disease can be cured through the proper use of correct foods. This statement may sound deceptively simple, but I have arrived at it only after intensive study of a highly complex subject: colloid and endocrine chemistry.

"My conclusions are based on experimental and observational results, gathered through years of successfully treating patients. Occasionally I have resorted to the use of drugs in emergency situations, but those times have been rare. Instead, I have sought to prescribe for my patients' illnesses, antidotes which Nature has placed at their disposal.

"This book deals with what I consider to be the best food and the best medicine."

Now See How This Method Has Worked  
—In Hundreds Of Case Histories  
From Every Walk Of Life, And With  
Almost Every Ailment You Can Imagine!

Once gain, Dr. Bieler's entire life has been devoted to the deep belief that you can often get rid of most miserable illnesses—health-wreckers like arthritis, asthma, edema, ulcers—even some tumors, kidney and liver ailments, premature aging, loss of glandular function—all with the diet given you in this book of nothing more than certain easy-to-obtain foods that HELP THE BODY FLUSH AWAY HEALTH-CORRODING TOXINS!

For example—

The case of the 55-year-old woman who was weak and ill with swollen, painful, arthritic joints; high blood pressure; insomnia and

## DO YOU KNOW—

Secrets of timing your meals: The amazing balancing formula that may be all you need to insure waking up full of pep every morning—that may give you the healthy digestion you've always wished for.

How to have a healthy cholesterol in your arteries. (Yes, you want cholesterol in your arteries as a lubricant. Read what most people don't know about arteriosclerosis, and how the right food helps you avoid this death-dealing condition.)

HOW TO LOSE WEIGHT AND STAY AT THE RIGHT WEIGHT with a food regimen that "reduces" you quickly and safely while it helps you get rid of body toxins and KEEPS UP YOUR HEALTH.

How to recognize YOUR OWN GLANDULAR TYPE—and the many ways you can adjust your diet to assist your good glandular function, male or female.

How women can get through the menopause with little distress—and no drugs—when their diet is right.

And much more! Only a small sample of the fascinating help this book gives you on almost every page. Read it from cover to cover—entirely at our risk—TODAY!

## HERE'S WHY OVER 150,000 COPIES HAVE ALREADY BEEN SOLD!

Read what leading celebrities say below! Try it—entirely at our risk!

"Having known Dr. Bieler for some years, I am sure... FOOD IS YOUR BEST MEDICINE..."  
Greta Garbo

"I consider Dr. Bieler is as great as any living doctor... because of the many lives I have observed him prolonging after other medical prognosis was nil..."  
Mrs. Frank Lloyd

"Henry G. Bieler, M.D., distilled the essences of a lifetime's successful practice of medicine. As a patient and a friend of his for thirty-five years, I have reason to be grateful for his skill as a physician and for his great human warmth."  
Lawrence Clark Powell, Ph.D.  
Dean, School of Library Service, U.C.L.A.

"Dr. Henry G. Bieler has kept me in good health for many years. I am glad to endorse his book and I hope all the women of the country can read it and be thereby benefited."  
Billie Burke Ziegfeld

"The man who wrote this book belongs to the very few doctors with the rare and almost divine gift to make the right diagnosis of his patient. I would not be alive anymore if I would not have found him in 1933 when Ruth Chatterton recommended him to me after many doctors had failed to help me. I had already agreed to undergo an operation. Today I know that it would have been my end. I have sent many of my friends to him and his methods helped everyone of them too. His art of treating his patients is singular. The name Bieler became an idea to me. His book will help many others and will win him still more friends."  
William Dieterle

"In the last five years I have had nineteen dedicated doctors and specialists. All of them were good. Some were outstanding. One was really exceptional. He is Doctor Bieler, the one who saved my life. With his expert diagnosis and common sense dietary controls, my almost fatal cirrhosis of the liver has been arrested."

"For the past three years I have been able to live a satisfactory life simply by following the dietary recommendations of Dr. Bieler. It is my opinion that he understands body chemistry like no one else. His food utilization theories are not only practical but proven by hundreds of LIVING advocates."

"This book is indicated for all people with or without medical problems. There is comprehensive information on Preventive Medicine."  
James Leasell, Retired Vice-President and General Manager,  
Pacific Press, Inc., Los Angeles, California

overweight. Now this woman says, "There is not a single twinge of pain any more," and she is in great good health and at her proper weight. (Read the way she did it—with FOOD as her major medicine—beginning on page 19.)

The same priceless principle, and "FOOD medicine," healed a dangerous discharging ulcer that kept a man bedridden. Don't miss this story (page 200) and the key paragraphs that follow it.

The same simple nutrition methods cured a man who was too weak to sit up, with a body temperature of only 93°, a highly irregular heart and other symptoms of advanced, deadly hypoadrenia. After 11 days of Dr. Bieler's food treatment, he felt fine. In 32 days he was strong and capable. (page 211).

And above all, on page 17, read Dr. Bieler's own story! Remember, he proved his methods on himself when he was ridden with kidney trouble and asthma, and grossly over-weight. In fact, when you get your approval copy of FOOD IS YOUR BEST MEDICINE, we think you'll want to turn to page 17 first and read his own personal story of his discovery of the "health magic" that waits in proper nutrition.

## SPECIAL NOTE: How To Use This Book To Your Greatest Advantage—

When you receive your no-risk approval copy, check the COMPLETE INDEX. Within a minute you may find some ailment or debility or misery that is bothering you.

Flip to the page indicated and read—in five or ten more minutes—Dr. Bieler's way to treat that ailment. THOSE FIVE OR TEN MINUTES OF FASCINATING READING may be the greatest health break-through of your entire life.

## Read It From Cover To Cover Entirely At Our Risk!

But Dr. Bieler wants you to prove to yourself, without risk, that good food—not drugs—is the best way to new life, new health, new vigor! Therefore, we allow you to read FOOD IS YOUR BEST MEDICINE for thirty full days—entirely at our risk. If at the end of that time, you



The author: Henry G. Bieler, M.D.

"I BELIEVE THAT NATURE, IF GIVEN THE RIGHT OPPORTUNITY, IS ALWAYS THE GREATEST HEALER... I often have been in disagreement with doctors who stuff the sick, exhausted patient with powerful drugs, and then are forced to 'remedy the remedy.'"

"Early in my career, when my own health broke down, I investigated the danger of drugs and the chemistry of foods. I came to the conclusion that I must give up drugs. It was not long until, after repeated, verifiable results, I discarded nearly all drugs in treating my patients.

You can save a great deal of the money you now spend on pills and doctors' bills, and spend it on good food and fun."

After half a century of practice, Dr. Bieler attempted to retire but found the world beating a path to his door. He still is treating movie stars and miners, professional men and Pasadena dowagers, farmers and government officials. Many and many a person blesses this wise physician for health restored after it had been given up for lost... for making life full of joy and well worth living.

are not convinced that Dr. Bieler's road to health is the RIGHT WAY, simply return the book for every cent of your purchase price back!

But, if you have thrilled (as we have) to this great break-through in health... and if you FEEL BETTER ALREADY because you have spent a few days following Dr. Bieler's nutrition methods—then simply keep the book as a lifetime, life-extending guide for yourself and all your loved ones.

Again, you read it from cover to cover AT OUR RISK! Why not send in the No-Risk Coupon—TODAY!

## MAIL NO-RISK COUPON TODAY

### INFORMATION, INCORPORATED

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

Gentlemen: Yes, I want to try a copy of Dr. Bieler's FOOD IS YOUR BEST MEDICINE 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.

☐ If you wish your order sent C.O.D. CHECK HERE! Enclose \$1 goodwill deposit. Pay postman balance, plus postage and handling charge. Same money-back guarantee of course.

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