

Now! With the simple method of Foot Reflexology!

# 'You Can Get Almost Immediate Relief from Aches and Pains All Over the Body!'

"I have brought relief to countless suffering people with this method—and have watched their joy of regained health and vitality—when all hope had seemingly been lost!"

"Let me show you how it can bring about the normal function of a specific location or organ..."

Says MILDRED CARTER, Professional Reflexologist

Dear Friend:

My name is Mildred Carter. I am not a doctor, but for over 14 years, I have been helping people receive remarkable relief from seemingly hopeless aches and pains *all over the body*, with a method—which you can use, too—called Foot Reflexology.

Foot Reflexology is a method for healing the whole body. If you've ever suffered from foot trouble, you know that it's the feet that make the whole body ache. By rubbing and pressing gently on certain areas of your feet, I can show you how you may get almost immediate relief IN OTHER PARTS OF THE BODY!

Why? Because the feet contain Reflexes, which lead like telephone lines to all parts of the body. By pressing them, you help restore normal circulation and health to congested areas. No one can guarantee a cure, nor is it a medical substitute, but:

- I have seen it relieve crippled hands and feet, caused by painful arthritis, straighten whole bodies and bring them back to normal!
- It can stop the pain of hemorrhoids almost immediately!
- Most headaches vanish immediately with this method!
- I have seen it relieve liver and gall bladder trouble!
- I have seen it clear up stuffed sinuses almost immediately!
- I have seen it relieve back troubles, in a matter of seconds!
- I have seen it bring fast relief to stomach troubles!
- I have brought lasting relief to sufferers of varicose veins with this method. This is also true with cramps or pains in the legs!
- I have seen it relieve bladder trouble quickly, with great relief after the very first treatment—all sensation of burning or itching seems to disappear completely!
- This simple method can bring women blessed relief from many disorders which may have been troubling them for years!
- I have brought relief to men, in every case of prostate trouble I have ever treated with this method!

...And still that's just the beginning! You'll find the full details of this amazing method of healing in a new book which I have written, called **HELPING YOURSELF WITH FOOT REFLEXOLOGY**. I'll tell you how to get it in just a moment, but first I want to tell you more about it!

### Many Healings Reported!

Foot Reflexology is a safe, natural, and inexpensive way to help restore healthful circulation to every area of your body.

Did you ever notice how quickly your water freshens when good water is poured into muddy water? Foot Reflexology does the same for circulation in your body. Blood flow slows over the years. Naturally, glands and organs become sluggish. Stimulating a new flow of blood to these "tired" places brings new life, clears glands and organs of years of accumulated waste.

Healings and relief from discomforts of all sorts are reported, by the dozen, in the pages of my book. All were obtained with the help of Foot Reflexology.

### Here's What I Say in This Book:

**Gall Bladder Healing** "There are many cases where Reflex Massage of the liver and gall bladder has saved people from having an operation,

with the stones seeming to vanish after a few treatments."—Quoted from Chapter 12

**Anemic Conditions** "Anyone who is anemic will find... improvement can be so rapid it is amazing. With pernicious anemia, results will be slower, but Nature will be there, changing new blood cells for old."—Quoted from Chapter 11

**Helping the Heart** "No matter what the nature of the trouble is, the heart can be aided with this method.... I can give you many case histories of wonderful results from this scientific massage of the reflexes on heart patients."—Quoted from Chapter 13

**Relief for Leg Pains** "I believe I have treated more cases of leg aches than any other malady, and most were caused by the sciatic nerve. Many people suffer for years without any relief. Yet it is so amazingly simple to banish all inflammation from this nerve in an unbelievably short time. In many cases this method has brought relief in one treatment."—Quoted from Chapter 22

**Varicose Veins** "I have brought lasting relief to sufferers of varicose veins by starting the proper circulation with Reflex Massage, thus causing congestion to disappear. This is also true with cramps or pains of any kind in the legs."—Quoted from Chapter 16

**Relief for Hemorrhoids** "Hemorrhoids are nothing more than a congested vein (known as piles). This is actually a varicose vein in the rectum. These can become so large as to protrude, causing inconvenience, much suffering, and in many cases bleeding. Though painful, they are usually suffered in silence by those who have them. Yet with Reflex Massage they are one of the quickest to respond to treatment. Here we will learn how to use the Reflexology method to bring you prompt relief!"—Quoted from Chapter 21

**How to Make Reflexology Your Rejuvenator** "Would you like to be young again? Would you like to walk expectantly into the future, to enjoy new experiences, with a revitalized body? We do not have to be old... Reflexology rejuvenates the entire body, giving new life to glands and cells. Blood flow slows over the years. Naturally, glands and cells become sluggish. Reflexology stimulates a new flow of blood to these tired places, clears glands and cells of accumulated waste, brings them new life!"—Quoted from Chapters 3 and 24

### You'll Discover...

- How Reflexology relieved a man's stuffed sinuses. "After the first treatment, he could suddenly breathe through both sides of his nose" and he felt well again.
- How a woman who had hurt her spine, and was in so much pain that she called a bone specialist to take x-rays, received so much relief with Reflexology—after a single treatment—that she was able to get up and do her work. She felt so much better, in fact, that she cancelled her appointment for x-rays, and claims she is fully recovered.
- How a man with a hunchback—a huge, ugly bulge—received a complete healing with Reflexology. He was freed of pain, and "he was able to stand straight." The bump disappeared. "He was not deformed at all," I reported!
- How a man who suffered from ulcers, kidney trouble, hay fever, and constipation, received complete relief with Reflexology. "The symptoms of each illness disappeared one by one," and today he sleeps like a baby every night!
- How a man with a heart condition was healed with Reflexology. Doctors had always warned him he couldn't do the things other men did. With this method, "his heart returned to normal enough to allow him to do anything he wanted, without any trouble. Today, after more than 10 years, he is a strong and well man."

### IMPORTANT NOTE:

If foot reflexology therapy does not work after giving it a sincere try, consult your doctor. You will not have harmed yourself. In the very attempt of self-help, you will have done yourself a lot of psychological good.

My name is Mildred Carter. I am not a doctor, but I have been helping people receive remarkable relief from seemingly hopeless aches and pains!



### What A Physiotherapist Says:

"During my forty-eight years as a Physiotherapist in my own Treatment Centers... I have had every opportunity to observe the amazing benefits of manual massage. As a means of rehabilitation where physical trauma is involved, it ranks high in the annals of Medicine.

"The techniques described in Mrs. Carter's book have been developed by experts in the field of reflex massage, and we have no hesitation in recommending them.... For the relief of pain, we know of no other means short of opiates to achieve this objective."

—CLARENCE R. MUNROE  
Registered Technician, Physiotherapy

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### AMAZING TRUE Experiences!

"Reflexology will free you from sickness and suffering, and fear of pain, when used correctly."

"There are so many personal experiences which I could recount, stories of illnesses which were relieved by reflex massage, that I find myself wanting to tell all of them at once. I have seen it do marvelous things that surprised me many times when doctors said it couldn't be done.

"If it can do this for others, it can do this for you! I have proven that this method of healing works, in my own experience. Try it on yourself and FEEL the results!"

### Safe To Use!

What's more, Foot Reflexology is absolutely safe. It is the "drugless" way to better health, and requires no exercise, no expensive equipment of any kind. It is so simple, and natural, that it is safe to use on anyone, from the youngest baby to the oldest person. In fact, it is a Rejuvenator that can actually win you many years of new youth!

Read It All From Cover to Cover, For 30 Days, Entirely At Our Risk!

I have proven that this method of healing works in my own experience. You owe it to yourself to try it at our risk and FEEL the results. And I invite you to do just that! Fair enough? Why not send in the coupon—TODAY!

*Mildred Carter*

### MAIL NO RISK COUPON TODAY!

IMPROVEMENT BOOKS CO., Dept. 12491  
13490 N.W. 45th Ave., Opa Locka, Fla. 33059

Gentlemen: Please rush me a copy of **HELPING YOURSELF WITH FOOT REFLEXOLOGY**, #88027, by Mildred Carter. I enclose \$4.98 in full payment. 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.

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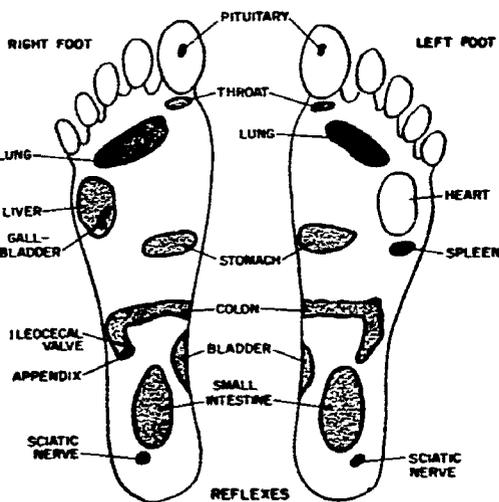
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### ACTUAL PHOTOS Show How This Simple Method Is Used!



Reflexology for all parts of the body.

- Pancreas
- Spleen
- "Stones"
- Appendix
- Intestine
- Colon
- Bladder
- Prostate
- Rectum
- Sex Organs
- Spine
- Fingers
- Arms
- Head
- Eyes
- Ears
- Nose
- Sinus
- Throat
- Neck
- Legs
- Toes
- Knees
- Headaches
- Arthritis
- Varicose Veins
- Colds
- Hemorrhoids
- Cramps
- Ulcers
- Constipation
- New Youth
- Thyroid
- Lungs
- Heart
- Stomach
- Kidneys
- Liver



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