

Let me say this bluntly—

YOU CAN MANAGE ALMOST ALL BUT THE MOST GRIEVOUS ILLNESSES ENTIRELY BY YOURSELF

Without drugs . . . without cost . . . without painful apparatus . . . and (except in rare instances) entirely without the services of a doctor!

says Marsh Morrison, Doctor of Chiropractic

How? Primarily By Learning How To STOP INTERFERING WITH THE FLOW OF LIFE FORCES THROUGHOUT YOUR BODY—As Effortlessly As This:

Yes, Dear Friend— I say again bluntly, based on FORTY YEARS as a healing practitioner: The human system wants to be well! Men and women become sick because their bodies suffer from certain mechanical breakdowns—primarily blocked or pinched nerves in their spinal cords, that prevent healing life forces from being transmitted to one or more of their vital organs!

But If You Are Suffering From Any Of The Racking Diseases Listed Below, I SAY THIS HONESTLY TO YOU:

You can unblock these pinched nerve pathways YOURSELF! Once you are shown how, you, in your own home, without medical help at all, can free hitherto blocked nerve lines! And therefore allow them to transmit again the healing life force, and the proper "get-back-to-work" power to those sick organs!

MY FILES ARE FILLED WITH CASES THAT READ LIKE MIRACLES... TO GIVE JUST A FEW!

RELIEF FROM EMPHYSEMA—Mr. Patrick J. had a severe and long-standing case of emphysema. One day, he coughed so uncontrollably hard that his dentures came loose and almost choked him. I showed him 3 simple MIRACLE Secrets—and the results were immediate and magnificent. Suddenly, he could breathe more freely and easily. He said he even felt like hiking again—an urge he hadn't felt for years!

SERIOUS HEART AILMENT RELIEVED—Mr. Whitney S. was a man with a serious heart ailment, truly a cardiac cripple. He could hardly walk without wheezing and puffing. The first thing I did was to take all his medicines and flush them down the drain. Then I gave him the special heart-healing secrets of THE MIRACLE BODY TUNE-UP . . . to relieve pinched nerves to the heart so that they were free to transmit functional power. "Say, I enjoy this," Mr. S. enthused. "I don't have to wheeze . . . I'm breathing easier." Eventually, he felt so good he was able to do push-ups!

"I'm mad as hops!" he exploded. "After all that money I spent on doctors! This is like a miracle." EXCRUCIATING LEG PAIN RELIEVED—Dr. R., a university professor, had a truly violent seizure of sciatica. The pain was so great that beads of perspiration dripped from his forehead as he attempted to stand, much less walk. He was groggy from drugs that doctors had given him. I showed him how to relieve the pressure of his sciatic nerve—which was rubbing against bone—and he experienced immediate relief. "This does it!" he exclaimed. "I've got no pain at all—for the first time!"

ASTHMA AND VARICOSE VEINS RELIEVED—Helen B. was a stout lady in her 40's with chronic bronchial asthma and legs bulging with varicose veins. I quickly showed her two MIRACLE secrets that brought her blessed relief from her leg problem. Her asthma was even simpler to relieve—perhaps the simplest of all. Just as she was having an attack, I showed her another MIRACLE secret which relieved it at once, to her great sign of relief!

A MIRACLE THAT CAN WORK FOR YOU!!!

To me it's all quite common. I see it every day. To others, it's a miracle. But the miracle is not mine. I do not claim my methods real—no physician can claim that. The body itself does the healing. All you do is let it take over . . . the way I show you! As with all methods of self-treatment, if the guidance suggested in Dr. Morrison's new book does not bring you the relief you desire after a reasonable period of time, we suggest that you then consult your doctor.

Yes, I say that better nerve supply—the simple techniques of easily, safely, painlessly unblocking pinched nerves all over your body—is the Gold Key to getting rid of lumbago and sciatica, sacroiliac and back-aches, curvatures, disc problems and swaybacks (see page 49) . . . to revitalizing the digestive system in as little as 20 short days, and therefore keeping waste products from breaking out in ugly skin problems, or agonizing, waste-caused arthritis (see page 79 on) . . . to instantly treat even such conditions as tortuous trifacial neuralgia, loss of hearing, facial rash, drooping eyelids, eye and cheek tics, and especially headaches of almost any kind, including migraines not amenable to any other treatment!

But Freeing Blocked Nerves Is Only The First Great Step To Rejuvenating Your Health! There Are 4 More—All Just As Easy—All Just As Powerful—All Making The Most At Last OF YOUR BODY'S NATURAL HEALING POWERS!

They include such ridiculously simple "wonder-workers" as pulling the poisons out of your blood stream . . . using natural food-medicines to duplicate the effects of dangerous drugs, without the side effects of these drugs; and therefore conquer many painful ailments, simply by enjoying your meals . . . even a special way to walk, for a few minutes a day, that reverses at last the gravitational down-pull that, right now, is making you old years before your time!

Using these simple, natural, mechanical ways to treat illness—without cost, without drugs, and without doctors—I have produced the following immediate results! And so can you!

Permit slipped disc to work its way back into place, naturally, without pain!

Provide remarkable help for fuzzy hearing—simply by lying in an ingenious way on your own bed!

Correct visual defects—such as astigmatism and myopia—so much that your glasses may actually become too much for you!

A surprisingly simple technique for ridding yourself of sinus pain!

An ingenious little way to strengthen throat muscles, so they have the power and resistance from that moment on to ward off sore throats!

How to cope successfully with emphysema! Strengthen the muscles of berathing! Improve the lungs remaining capacity for breathing!

How To Increase Your Body's Oxygenating Capacity! Burn Up Toxins In The System! Affect All Sub-Oxydation Conditions—Such As Asthma, Hay Fever, Bronchial Congestion, And Wheezing!

Why asthma is easy to help—once you know these facts! Several simple rules must be followed, then you are free of enslavement to adrenalin and other bronchial antispasmodics and drugs!

(I remember vividly one patient heaving a huge sigh of relief, as she got rid of breath that was trapped and couldn't get out before! Then, only moments later, I made her breathe as easily as a baby! See page 167 for step-by-step details.)

How to de-compress the "intervertebral discs" of your back, and avoid getting shorter as you get older!

How to let one quarter-hour of complete rest—my way—equal several hours of delicious sleep as far as the energy it gives you!

Why I have never yet seen a skin ailment in a person with a free and uninterrupted nerve supply to all his digestive organs. And how you can treat your skin through your nerves—this easy way.

How To Regain The Full Potential Of Your Liver, Kidneys, Pancreas And Gall Bladder—For That "Totally Alive" Feeling!

Yes, we now know how to correct most, if not all liver and kidney and gall bladder ailments. And how to do it naturally—not with expensive doctoring methods, but with sensible and effective adjustments that you can apply at home!

In fact, we even have ways to avoid surgery in most cases of common bile duct congestion and even outright obstruction! See page 92 for full details!

How an ordinary, common, inexpensive food—eaten in the correct way—is often enough to eliminate the need for insulin in my diabetic patients!

How the sun can increase your sexual vigor! How to soften a hardened prostate gland at home, in minutes, without even touching it! Or, if it is inflamed and very enlarged, how to reduce it in just 15 minutes to a size where urination is easy again!

How to swiftly restore youthful vigor to your legs and feet, by overcoming varicose veins, flat feet, painful sciatica, and similar ills! (For example, rebuild fallen arches—all by yourself!)

How to relieve painful knees . . . re-shape ugly legs . . . eat your way out of low back pain!

How an ordinary ice cube shuts off hiccup attacks, instantly!

How to control leaking bladder . . . all by yourself! Handle insomnia . . . all by yourself, without drugs! De-congest your sinus . . . all by yourself!

How to find out if you are "leaking" energy, needlessly! And shut off that leak . . . all by yourself!

How to help sagging upper-arm flesh . . . pull in a fallen stomach or protruding abdomen, naturally . . . feel a delightful pickup of a prolapsed



WHAT CHIROPRACTORS SAY ABOUT MARSH MORRISON, D.C., Ph.C., F.I.C.C.

"To say your work is marvelous is really an understatement. I have been in practice 20 years and wish this knowledge had been available sooner." —Dr. H. J. Bates, Enid, Oklahoma

"In forty-seven years as a chiropractor I have invested much money and time for techniques and consider Dr. Morrison's the most practical and more effective than all others combined." —Dr. Elmer B. Shipley, Terre Haute, Indiana

"The quintessence of Chiropractic knowledge. For years I've searched for more ways of helping more sick people get well faster. This weekend my dream and desire has become an actuality." —Frederick Doughty—Beck, D.C., New Orleans, La.

"I, myself, received immediate relief of chronic symptoms." —Dr. Jeanne Gale, D.C., Phoenix, Arizona

"Have had 20 years in Physical Medicine . . . 15 years in chiropractic. Have taken every course. But this is absolutely the greatest." —V. J. Puzaria, D.C., Vancouver, Wash.

"After having used Dr. Morrison's technique for over 6 months, I can, and do, strongly recommend it to every doctor in our profession." —Dr. Arnold C. Sikes, Concord, N.C.

"The techniques are very simple, but effective . . . nothing short of magic. Dr. Morrison, you truly are one of the 'Chiropractic Greats'." —Dr. Kern Chester, Paragould, Ark.

"Your techniques are immediately effective, almost like magic, and can be learned right away. I am a far better chiropractor than before . . ." —Dr. John Herman, Chicago, Ill.

uterus in only 10 days . . . treat hemorrhoids and constipation in the most painless and effective way possible . . . even help nature "sew-together" the tear in our belly floor that doctors call a hernia!

Yes, Your System Wants To Be Well! And You Can Make It That Way . . . All By Yourself! Let Me Prove This To You—Without Your Risking A Penny!

So, stop wasting your hard-earned cash on needless and ineffective drugs . . . patent medicines . . . even doctor visits . . . when you can banish all these maladies, and unblock the Healing Life Force in your own body quickly and effectively in the privacy of your own home. Don't waste another minute; return the coupon—TODAY!

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Gentlemen: Please rush me a copy of DOCTOR MORRISON'S MIRACLE BODY TUNE-UP FOR REJUVENATED HEALTH. #80137, by Marsh Morrison, D.C., Ph.C., F.I.C.C.! I enclose \$7.98 in full payment. In addition, I understand that I may examine this book for a full 30 days entirely at your risk or money back.

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