

# Are The Foods You Are Eating Today STARVING YOUR BRAIN?

Check the three vital symptoms below—and then read how ORDINARY FOODS—used in a new way—may actually be able to REFUEL your vital brain cells, ACTUALLY AVOID OR BANISH MANY KINDS OF MENTAL TROUBLE!

Yes, Dear Friend:

Please believe this—

The man or woman who is a “nervous wreck”—who is “torn apart” by anxiety and tension day after day—*may actually be a victim of his own starved brain!*

The man or woman who is plagued by a “fading memory”—who no longer can rely on his own good mind to feed back to him the vital information he must have—*may also be a victim of that same starved brain.*

And, most tragic of all, the man or woman who suffers from really drastic fatigue, depression, overwhelming fits of temper, and other signs of possible *schizophrenia* or *paranoia* or other mental disturbance—*may also be a victim of his own starved brain!*

And now every one of them can do something about it! Can fight that damaging BRAIN STARVATION with ORDINARY FOOD! Can do it

in their OWN HOME—with nothing more than a few simple directions, and food you can get in any supermarket!

## What Doctors Discovered About The Vital Food Substance That Keeps Your Brain “On The Job”.

What is this vital substance that is so absolutely necessary to your well-being? It is BLOOD SUGAR—your body's natural fuel—carried by your bloodstream to every gland and organ. And only recently have doctors discovered that millions of people have TOO LITTLE natural sugar in their blood!

Yes, if you feel that your brain is hampered in any of those three critical ways) or if a loved one shows signs of the mental trouble that strikes one family out of every three), your brain may not be receiving enough BLOOD SUGAR. So you are STARVING YOUR BRAIN no matter how well-balanced your diet seems to be!

## Can You Restore The Blood-Sugar Balance Of Your Body— And So Restore The Vital Functions That Have Gone Wrong?

Yes, it is possible, practical and EASY in millions of cases! You are invited to send for the book that explains the simple method—a book you read without risk. In it, you are going to see, simply and clearly:

The precise kinds of ORDINARY FOOD, sometimes with a few vitamin “extras”, that can restore health to many suffering minds, and has brought even the *seemingly insane* back to useful, happy living.

How the same ORDINARY FOOD also works wonders for such common ailments as headache, fatigue, irritability, memory lag, anxiety, depression.

How the same ORDINARY FOOD also refuels the entire body, to help you get into splendid youth-condition from head to toe.

## Based On Years Of Breakthrough Medical Research!

Behind those statements stands the work of such physicians as Dr. Abram Hoffer and Dr. Joseph Tobin; Nobel Prize winner Dr. Linus Pauling; famed nutrition expert Judge Tom R. Blaine, and other researchers of equal stature. The entire book is the dedicated work of Judge Blaine, who has winnowed thousands of cases to help you see the nutrition cause of your own problems—and how a simple, pleasant way of eating may quickly help you banish troubles like these.

Are you depressed, nervous, unhappy? Read a doctor's story about a woman with marriage troubles who had been deeply depressed and miserable all her life. She got rid of her misery—thanks to simple changes in nutrition and a vitamin you can buy in any drugstore. (page 41)

Does any member of your family suffer from schizophrenia?

Read a letter from a young man who conquered schizophrenia—not through psychiatry—but through simple changes in nutrition. This letter also reveals significant food traps for schizophrenics. Even if you are not schizophrenic, avoiding these same food traps may make a price-less difference to your health and peace of mind. (page 104)

Do you suffer from gastro-intestinal sluggishness?

This (and scores of other common symptoms) can be a warning of blood-sugar deficiency. Read about a simple food supplement that is known by several names. Get it by any name! See how it aids the entire gastro-intestinal tonus. (page 156)

Extra added bonus—

Have you had, or are you threatened by heart failure or stroke?

See why your present meals may contain a “heart mistake” food that nobody ever warned you about before. And why you may be avoiding a delicious type of food that should not bother your heart in the least! (page 126)

## Why Did It Take So Long To Discover The Importance Of The Natural Brain-Food Diet In Both Mental And Physical Health?

Because, as you will see in Judge Blaine's fascinating book, blood-sugar deficiency is the GREAT MASQUERADER. Your own doctor will confirm that people have been treated for years for other conditions (such as ulcers, arthritis, every kind of indigestion, exhaustion, blurred

## FIVE MINUTES THAT CAN CHANGE YOUR LIFE

The moment you receive Judge Blaine's easy-to-read book, turn to pages 37 and 38. In five minutes or less, read the MASTER FOOD-LIST for “brain-food” nutrition! Meats! Seafoods! Vegetables! Dairy products! Desserts! Drinks! The list will delight you—and so will the delicious, hearty meals you eat... plus special snacks between meals and at bedtime!

Also in this important book: FOOD SECRETS that brought a full recovery from symptoms of arthritis and senility—special FOOD SECRETS that make old age wait—FOOD SECRETS that help your eyes, help teeth and gums, help the skin to be firm and youthful—FOOD SECRETS that strengthen the entire system of adrenal glands—plus all the especially important FOOD SECRETS (so easy to follow!) that help to strengthen and tonic YOUR MIND, no matter how many years you have suffered!

Try it at our risk, today!

vision, paranoid delusion) before it was discovered that blood-sugar deficiency may be the possible cause of all these diseases—and many more! (Of course, we suggest that you consult with your own doctor if you suffer from any of these serious ailments.)

Of course, there still are diehard medical men who go on treating symptoms instead of the basic causes of illness and debility. There still are drug companies who do not like to hear that the best medicine, in some cases, is food alone. There still are psychiatrists charging \$50 an hour, for years of treatment—when a month of proper “brain-food” diet, costing no more than your ordinary diet, may do the job. (And a simple test, described in this book, can tell you unmistakably if you suffer from low blood sugar, rather than, for example, high blood sugar, where these rules do not apply.)

So it took courage to write this book—the courage of a dedicated jurist and health researcher who says that WRONG NUTRITION dooms millions to misery; and that the right kind of “brain-food” nutrition can often lift such people onto a high new plane of mental balance, efficiency, and the kind of physical well-being that money cannot buy.

## You Are Invited To Read And Use Mental Health Through Nutrition For One Full Month At Our Risk!

The cost is only \$5.98 complete, a sum you may save a thousand times over! Should you decide for any reason to return the book, YOUR PURCHASE PRICE WILL BE IMMEDIATELY, FULLY and CHEERFULLY REFUNDED.

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Gentlemen: Please rush me a copy of Judge Tom R. Blaine's MENTAL HEALTH THROUGH NUTRITION. I understand the book is mine for only \$5.98 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.

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## HIS MAY BE THE MOST CONTROVERSIAL BOOK YOU EVER READ!

For in it, a crusading judge opens an entire new vista of hope for the ill—especially for the mentally troubled—and strikes at the very roots of some orthodox beliefs about medicine.

Tom R. Blaine was a practicing attorney in 1920. He has been an Oklahoma state judge since 1942. He began to suspect that even many “insane” people, juvenile delinquents, and actual criminals were in trouble because they suffered from low blood sugar; that is, they simply were not getting enough food for their brains.

Working with physicians and laboratory men, he proved his theory and expanded it. The fact is that almost anyone, of any age, who suffers a lack of vitality, nagging ill-health, and flagging mental powers, may be a victim of low blood sugar. And the best, safest, easiest way to restore the normal content of sugar in the bloodstream is with food and food supplements—exactly as Judge Blaine describes in this trail-blazing book!

Try it at our risk, today!

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