

# At Last! A Plastic Surgeon's Diet!

Designed to carve twenty pounds off your figure in one month! *But leave your face looking years younger — and far more beautiful than you have known it for years!*

## A Vital Note:

Scientifically, you cannot avoid losing weight on this diet, unless you are a glandular case.

We repeat: If you are in average health, you cannot avoid losing weight on this diet. As much as twenty pounds the very first month. *But this is the LEAST important benefit it will give you. Far more startling is the beautifying effect it will have on your face.* Like this...

**You WILL Not Feel The Least Bit Hungry!  
You WILL Have No Craving For Sweets!  
And Your Face WILL Gain In Beauty Each Day,  
As Your Body Loses 4 To 5 Pounds A Week!**

We must repeat again: You cannot fail to lose weight with this diet, if you follow it religiously. As much as twenty pounds must melt off your body in a single month.

*But your face will not show it!* Your face will not develop those "diet-lines". Your face will not give way to that "diet-sag". Your face will show no trace whatsoever of diet-punishment, or diet-nerve, or diet-fatigue!

Why? Because this is a plastic surgeon's diet! This diet was invented by a man who treats the most beautiful, the most glamorous, the richest women in the world. Women who simply will NOT, under any circumstances, go on a reducing diet that adds years to their face, at the time same that it forces a few meager pounds off their body!

So a new concept of dieting had to be evolved! Literally a new way to diet — that protected the face at the same exact moment that it slumped the body! So that a new glow of health poured into that face — a new sparkle — a new *springing-youthfulness* that made even old friends stop in astonishment when they saw the dazzling change in the face, before they even noticed that twenty full pounds had been carved off the body!

**What's The Secret? Super-Proteins! And A  
Step-By-Step Way To Beautifully Reduce That Means  
YOU Don't Have To Worry About A Thing!**

Once you send in the Coupon below, you are given everything you need. And we mean *everything*. What happens, in effect, is that for one full month your free time is devoted to the principles of one of America's leading physicians — adapted from the same methods used at his clinic in Hollywood, California.

No deviation is permitted. This diet will not work for you if you substitute one morsel of it for another. It is a scientifically balanced formula for beauty — unlike anything you have ever seen before — and therefore it completely overcomes the terrible traps that have always existed for you before in other diets.

(For example, the average low-calorie diet is also inevitably low in nutrients. This causes chronic fatigue, and flabby tissues throughout your entire body. On the other hand, with the ordinary "high protein" diet — not *super-proteins* as you are given here — you run into the problem of high calories and high cholesterol. This means you simply *don't feel good*, and therefore that your body just won't stick to the diet. So the fat comes pouring back, uglier than before.)

All these traps are avoided here. You eat *super proteins*, which are not high proteins. *But they do have a marvelous effect inside your body: That one gram of them will burn up three grams of sugar in your blood stream. And the fat melts away — day after day!*

So — this time — you eat *scientifically*. And you eat well. And you feel no starvation pangs — no craving for sweets. *And you have more than enough energy to keep you happy. And you lose up to twenty pounds in the very first month. And you don't "slip back" when that month is finished — you just keep right on losing!*

**But This Is Still Just The Beginning!  
Because The Real Pay-Off Comes Right  
Now — IN THE BREATHTAKING NEW FLOOD  
OF BEAUTY THAT POURS INTO YOUR FACE!**

But remember that this is a plastic surgeon's diet — and therefore a plastic surgeon's beauty regime comes right along with it!



At the exact same time that you are carving almost a pound a day off your body, you are also performing "medical magic" on every inch of your face, your neck, your hands and your hair! Hollywood beauty secrets that can transform your entire appearance like this:

How to simply "open your mouth" — and lose your double chin

How to suck pore enlarging blackheads right out of your face,

using nothing but ordinary breakfast cereal.

A simple at-home treatment for thinning hair, requiring almost no effort and time! (Show this one to your husband — he'll thank you for the rest of his life).

How to use ordinary sand as an instant-exfoliative.

How cold water — yes, cold water — can often work apparent "miracles" on the shape and firmness of your breasts.

How simple massage can de-contract vital facial muscles, and therefore discourage in a wink many of your most hideous wrinkles. (These ingenious little "finger-tricks" are especially effective against crows-feet and under-the-eye pouches.)

Do-it-yourself cosmetics — fresh, organic, natural — and so effective that they may literally cause you to throw away the expensive artificial ones you have on your bathroom shelf today!

(As just a few examples: A simple fruit night-cream, that helps dissolve away the dead tissue from your skin, at the same time it protects the living. A super-gentle shampoo-rinse, that does not kill the natural oils on your skin when you rinse it off, and therefore does not make your face look older every time you clean your hair.)

Plus Yoga made easy, for busy women who can't give it more than five minutes a day — and therefore have to have its benefits condensed.

Plus Super-Exercises, that trim inches off your problem spots, quickly! (Some of them take only fifteen seconds a day — and show whistle-provoking results in a week!)

Plus a complete guide to Super-Streamlined Plastic Surgery. That can be completed in minutes, requires no hospitalization, has you up and around instantly. And another method that simply "peels away" your deepest wrinkles, without the slightest trace that they had ever existed on your skin before!

**Plus Dozens Of Other "Plastic-Surgeon's Secrets"  
— All Yours To Read Without Risking A Penny!**

So here it is — the medically proven breakthrough that puts you only one month away from a breathtaking new face and figure! A figure that weighs up to twenty pounds less! And a face that looks years younger!

All yours in one month — one short month — or you don't pay a penny! It's as simple as that! Up to twenty pounds gone in a single month — and with a face that looks years younger — or you just don't pay a penny!

Remember — once again — if you are in average normal health, you simply cannot avoid losing weight with this diet! And you will not feel the least bit hungry. And your face will grow more beautiful... more glowing... with more apparent youth flowing out of it every day!

It is never too late to become what you might have been. The opportunity is here, on this page, in the Coupon below. Why not send it in — at our risk — today!

MAIL NO-RISK COUPON TODAY

GREENLAND BOOKS, Dept. 1134  
4500 N.W. 135th St., Miami, Fla. 33054

Gentlemen: Please rush me a copy of A DOCTOR'S QUICK WAY TO ACHIEVE LASTING BEAUTY, #90016, by Robert A. Franklyn, M.D. I enclose \$5.98 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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