



A noted physician says:

"You May Suffer From This SECRET SICKNESS That Makes Millions Of People Weak And Weary All Their Lives."

It is called **HYPOGLYCEMIA**, a dangerous and hidden cause of chronic fatigue and painful illness that medical science hardly recognized until now. And now you may knock out this **SECRET SICKNESS** with a diet so simple, you'd hardly call it a diet at all!

Does it shock you to be told there is a widespread SECRET SICKNESS?

And that it *masquerades* as symptoms of liver and kidney trouble, diabetes, chronic indigestion, failing memory and other serious conditions? And that even in its mildest form it can doom you to decades of aches and pains, low-grade health and bitter disability?

Many physicians were even more shocked than you are—when the full extent and full effect of this **SECRET SICKNESS** were recently discovered!

I have made a special study of the **SECRET SICKNESS**, which is *hypoglycemia*, or low blood sugar. What it does to you is this: it *robs your bloodstream of natural blood sugar*—and natural blood sugar is your body's absolutely indispensable fuel!

Now you can understand the true hidden dreadfulness of hypoglycemia. It *does not allow you to properly "fuel the furnace"* of your body. So, instead of enjoying a bright blaze of energy, your strength dwindles down to a miserable smoulder.

It's not your fault,

but you may suffer from headaches, backaches, bone-pain, muscle-pain—and get treatment—but it may be the *wrong* treatment! All you may need is treatment for *low blood sugar*, to make many such miseries simply go away!

It's not your fault,

but nobody has explained why your so-called "balanced" diet may be *disastrously UN-balanced* if you have hypoglycemia. Or why it may be as true for you, as it has been for so many, that a few, inexpensive *food supplements* will give a special boost to glandular functions that have let you down for years!

It's not your fault—

but, in the words of Dr. Luther Terry, former Surgeon General of the United States: "This year . . . one million avoidable disabilities will occur because knowledge already at our command is not being applied." So I want this priceless new health knowledge to be known to the public, not merely to a few health researchers. I want ordinary men and women to be able to search out their own symptoms of hypoglycemia (although you should go to your doctor in some cases). And, most of all, I want to give *everyone* the diet that has proved effective, over and over, in *balancing this vital blood sugar*—a diet that has already helped many men and women toward better health and strength—that you'll want to follow it even if you *don't* have hypoglycemia!

I Want To Send You, To Read At Absolutely NO RISK, The Information You Need About Hypoglycemia And How To Get Rid Of It:

You are going to see, first of all, that you eat hearty helpings of meat, eggs, fish, cream, favorite fruits and vegetables, some desserts, and some absolutely wonderful *food combinations* that everyone enjoys. In many cases, **SIMPLE FOOD AVAILABLE AT ANY SUPERMARKET!**

Are you far overweight?

The trouble may be hypoglycemia. Read the story of Shirley M. (page 7 in my book) and you may realize your fatness is an *adaptation to hypoglycemia*. Your way to a slender, healthier body does not lie in frantic exercise or starvation. The chances are that it lies in **GOOD NUTRITION**, and its helpful effect toward getting your blood sugar balanced and keeping it that way!

Are you growing old too fast?

The trouble may be hypoglycemia. When you get your approval copy of my book, turn to Chapter Five. Here I combine tested diet principles with my lifelong work in geriatrics. This chapter can be priceless for anyone over 50. It can make your friends and family ask you, "What makes you look so *young*, lately?" You *feel* that way too!

Is insomnia your problem?

The trouble may be hypoglycemia. I want to give you an utterly simple **SOUND SLEEP SECRET** that is so natural, and has such long-term health-building benefits, you'll bless the day you took two minutes to find out! Read, on page 135, the "bed sheet" signal of trouble with blood sugar. Read new findings about **SLEEP** that can make you feel as though you had been born again!

Must you have sweet snacks or alcohol every little while to keep you going?

The trouble may be hypoglycemia. You may need snacks—and

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Along with this, he has been Medical Editor of *The Bulletin and The Independent Adjuster*; and keeps up his active participation in many professional societies including the American Geriatrics Society . . . Aerospace Medical Association . . . American Medical Writers Association . . . American College of Nutrition . . . American Heart Association . . . American Association . . . the Advancement of Science . . . and The Industrial Medical Society.

the anti-hypoglycemia diet includes special between-meal snacks and before-bed snacks, so you never have to go hungry. When enjoyable snacks become—not a "secret vice"—but your "best medicine"—you know you have found a new way to eat that is not only a way of health but also a way of good living!

Are you troubled with brain-lag, brain-fog, or even serious mental symptoms?

If you are nervous, or edgy, or suffer lapses of memory, hypoglycemia may be flying a red flag of warning. Read page 21—*neurological symptoms*. Yes, your brain can be literally crippled, or at least badly hampered, when it does not get its proper nourishment. Give your brain a chance to "fuel up", and you may discover . . . *as so many already have, that you start living a new life almost immediately!*

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You begin to gain the wonder-working benefits of this book in every area of your life starting within the first five minutes after you pick it up—there is *absolutely no need to STUDY* this revolutionary new book or even read it from cover to cover, or expend any more "literary" effort on your part other than to browse through it at your leisure for one or two thrilling minutes a day! This is **NOT** a textbook! **NOT** a study manual! There are no lectures—not a single "blue-sky" theory to ponder over or memorize anywhere!

Instead, for the first time, here are *revolutionary new breakthroughs* that may easily banish insomnia, headaches, backaches, overweight, bone- and muscle-pain, even alcoholism . . . *all by simply eating better than you do right now!*

Therefore, we do **NOT** want you to treat this amazing volume as you would an ordinary book! Instead, all we ask you to do is this:

Place it on your bedstand, entirely at our risk, for thirty days! Browse through just a few pages every night before you retire! Skip around if you like! *But make absolutely no conscious effort to "study" this book, "work" on it, or even memorize a single one of the thrilling techniques you will find on every one of its pages!*

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