

# READ BELOW why this Wonder-Working Volume has already achieved the incredible sales figure of: **110,000 COPIES SOLD IN AMERICA ALONE!**

**Certainly one of the best-selling books on health in the world today!**

- English edition now selling close to 2,000 copies a week! French, Italian, German editions under way.
- Front-page articles praising this amazing system run in Russian, Swedish, Danish, and five other European countries.
- Physicians around the world recommend this book to their patients—encourage them to adopt these gentle, youth-restoring, pain-relieving exercises for a multitude of ills!
- Why such overwhelming acceptance? Because it **WORKS!** Works so well that one leading American Physician writes: "Your methods are both scientifically and medically sound. I recommend them without reservation."
- And now it's available to **YOU**, to bring you renewed youth, health and vigor beyond your fondest dreams! Read the thrilling details below! Try it today—entirely at our risk!

# SHE SELLS YOUTH!

Perhaps you have read this fascinating story in the Chicago **AMERICAN**,  
Louisville **COURIER-JOURNAL**, Sioux City **JOURNAL**  
or dozens of other top newspapers:

There is a strange and beautiful woman in Chicago who has, for the last twenty years, been selling youth to men and women who were growing old before their time. Who has been selling sleep to people who thought they had lost a full night's sleep forever. Who has been selling strength and blessed relief from pain, to people who have been racked with backache for years.

Her price is exactly one weekend of your time. Her method is a return to Nature, through simple gentle motions that free your body's locked-up vigor. Her full story is told here:

## Some of the startling facts this woman will teach you:

1) A new way to sleep—that automatically turns off the leftover tension in your

body... lets you drift off in minutes... strengthens your spine as you sleep... and gives a virtual beauty treatment, every night, to those sag-prone muscles of chin and neck.

2) Where most premature facial wrinkles really come from—and why, if you wish to prevent them, you should concentrate on your feet.

3) A new kind of energy food—that doesn't cost a penny because it's simply a new way for your body to use ordinary air.

4) A new kind of exercise that is not really exercise at all. Because if you want to strengthen or streamline any one part of your body, you don't really move it at all. For example, if you want to suck in your stomach, you concentrate on one simple blowing action. Or, to build new power into your back, you move your ankle in ingenious way every morning in bed.

## Twenty Years of Proof Back Up These Claims:

Every one of these claims may sound impossible to you right now. We do not blame you if they do. But you must realize this:

Every one of these methods has been proved, on thousands of men and women of all ages, for over twenty years. They have been praised in the national press, not only of the United States, but of Sweden, Norway, Germany and Russia.

For twenty years, doctors have been sending people to this woman: to help strengthen tortured backs, to gain desperately-needed sleep without drugs, to bring back overnight natural energy, drive and vigor.

Over TWENTY daily classes in Chicago alone teach these methods. And now they are available in book form to everyone who is willing to invest a single weekend to learn them.

Here is the startling help the first night alone will give you:

## You Don't Know How to Sleep Today. No One Has Ever Taught You.

This book starts by reminding you that sleep—deep, relaxed, completely-natural sleep—is the greatest source of energy your body will ever have.

But once you lose this gift of sleep, then you are draining energy and youth out of your body, exactly the same way that air drains out of a tire when it has a leak.

This book says that sleep is an art. An active ritual that takes about three minutes every evening, and accomplishes these two ends:

1) Turns off your mind, and lets you float effortlessly into a deep sleep.

2) Arranges the parts of your body in bed—so that sleep will not be disturbed by tossing and turning, and so you will not wake up the next morning with a sore spine or a stiff neck.

No one has ever taught you this simple ritual before. No one has ever taught you before how to convert your body into a limp mass—how to sink into a mattress so deeply that sleep must come. Without a single pressure on any nerve center of your body. With the small of the back completely unburdened at last, and every muscle completely relaxed.

This is a way of sleeping where not one single joint rests on another. Even the ankles and wrists are completely free. You will learn it in five minutes. You will wake up the next morning, more refreshed than you have been in years.



GERTRUDE ENELow

But it's only the first gift you receive from this amazing book. Next:

## You Discover Your Body's Built In Strengtheners and Streamliners.

On page 33, for example, you discover a six-second motion with your mouth, that instantly relaxes the over-tense muscles of your heart—and drains tension out of your body like water running from a sieve.

On page 69 you discover how to turn everyday movements into complete exercises. So that every time you sit, stand, or pick up an object, you are effortlessly exercising and streamlining your body—keeping yourself in top condition without realizing it.

On page 57 you're shown the built-in apparatus, in your left foot that automatically corrects your worst posture faults... that relaxes the lower back muscles at will... and—most surprising of all—that irons out those ridgy, "washboard" inner thighs.

On page 113 you use, for the first time, your body's own built-in vibrator—that has you bursting with energy every morning in seconds.

And much more. How to relax weary eyes—by looking at nothing. How to restore the natural forces that most people rob themselves of daily. A new way to sit that lifts your upper body right out of your hips... coaxes your spinal column into its most healthful posture... makes hours at a desk pass like minutes.

Plus five astonishing energy-multipliers that you've never known how to use until

today. Plus half a dozen fatigue-minimizers that eliminate waste motion, develop startling new grace and rhythm in every act.

## A Final Warning:

All these, and much more, are yours to read, without risking a penny, in Gertrude Enelow's revolutionary new book, *Body Dynamics*.

Two words of caution must be added, however:

1) This is a short book, only 128 pages in all. You can finish it in a weekend. Do not, therefore, expect a huge weighty tome, full of useless theory. Every page is packed with practical, step-by-step direction, that you can use immediately to give you strength and health and beauty.

2) And most important of all—do not be misled by the ease and simplicity of these movements! Since most of them can be performed sitting down or lying in bed... since most of them have been mastered by men and women as much as ninety years of age... since none of them even cause you to "work up a sweat"—you may think for the first day or two that they cannot be doing you that much good.

It is only after the first week that the true results begin to show you the incredible efficiency of these gentle motions—in the buoyancy with which you bounce out of bed each morning... in the relief from pain to which you have been a martyr for years... in the startled reaction of your friends, as they beg you to tell them the secret!

Twenty years of proof... thousands of case histories... all tell the same story. Try this thrilling book, **TODAY!**

## MAIL NO-RISK COUPON TODAY!

INFORMATION, INCORPORATED, Dept. PA-29  
119 Fifth Ave., New York, N.Y. 10003

Yes, I want to try Gertrude Enelow's *BODY DYNAMICS* at your risk. I am enclosing only \$5.98, complete. I will use it ten days at your risk. If I am not delighted, I will simply return it for every cent of my money back.

☐ If you wish order sent C.O.D. CHECK HERE! Enclose \$1 goodwill deposit. Pay postman balance, plus postage and handling charge. Same money-back guarantee, of course!

Name \_\_\_\_\_ Please Print

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

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## READ THESE THRILLING LETTERS! SEE HOW OTHERS DISCOVERED NEW YOUTH... NEW HEALTH... NEW FREEDOM FROM PAIN!

From a Nationally-Famous Physician:  
Thank you for your very interesting *BODY DYNAMICS*. Lois Baur has told of being inspired by you.

Although unaware of your work I have advocated somewhat similar elongating or stretching exercises for many years. Your work is so sensible that, as you know, workers in body mechanics and even sports have promulgated stretching and elongating advice for a long time. A late professor of orthopedics at Harvard and many others see eye-to-eye with you.

I have been a staunch advocate of *BODY DYNAMICS* throughout my life... at 78, I feel like 45, and look better than I did at 55. So I guess you have a good specimen of your *BODY DYNAMICS* in me.  
Miss S. N., Chicago, Illinois

I have watched the accomplishments of your dedicated pupils with awe... *BODY DYNAMICS* has given me a freedom of movement I have never experienced before—it's truly a "delightful" feeling! It was a fortunate day when I started to learn this wonderful way to approach "youthful" living.  
Mr. J. F. C., New York, New York

It would be impossible to tell you what *BODY DYNAMICS* has meant to me this past three years. When I started it was more or less on an entertainment basis, but then before long I discovered that I could take a really full breath which hadn't happened in a long time. Then the shoulder that had been a problem seemed to be one and became a normal shoulder like the other one. There has been a complete new outlook on life due to better coordination and general health. There are not words to express my gratitude to you in this remarkable work.  
Miss B. B., Chicago, Illinois

A little over a year ago I had a serious accident in which my back was injured. I was hospitalized for a month, in a body cast. From this I "graduated" to a Hypertension brace. At this point, I was given several exercises I found to be very tiring and unbeneficial. I finally decided it was time to attempt *BODY DYNAMICS*—which didn't seem to be so much of a strain as the series of exercises prescribed by my doctor. At my next visit to the doctor, I showed him your book. I asked if it would be permissible for me to participate in some of these exercises. I demonstrated some of the movements to him. He was impressed, and encouraged me to participate in any of the movements that weren't too strenuous. I started, brace and all. At first, the exercises were a bit strained because of my complete immobility at the time. However, in a matter of a few weeks,

these movements came easier. I was able to do more, without causing any strain on my injured back. I was beginning to feel the tightness leave, and the complete freedom of movement return once again. I was able to readjust and learn to use my body properly without exerting unnecessary strain.  
Mr. M. P. H., Chicago, Illinois

Every so often I must tell you again how wonderful your ideas are. Being a salesman, I am driving more or less all day. Sitting in the car, or waiting for business appointments can be frustrating, and I can feel the tension building up, especially in the neck area; but your various movements, in harmony with breathing, bring amazingly fast and complete release of all tensions, really make me feel better from "head to toe."  
Miss M. M., Detroit, Michigan

About a month ago after a severe cold, I developed severe headaches. They were agonizing. I finally went to a doctor who prescribed lots of medication. Some relief was afforded by the pills—but then I developed other ills. It seemed that all the simple functions of the body were blocked—just to live was painful. For the first time I began to see what people meant when they said "Health is everything." The other day, in desperation, I followed your recommendations for breathing, and the gentle exercises. At first nothing happened except that I began to get a glimpse of an idea, that when the body is on strike, it cannot be forced. It must be wooed back to orderly functioning. Yesterday, while practicing your exercises I slowly and quietly experienced the return of order to my body functions. It was so wonderful to be in possession again of a body that works as it is meant to work. Never again will I take health for granted or the miracle of physiological peace. Thank you, thank you, Mrs. Enelow, for your gentle teachings.  
Mrs. E. B., Chicago, Illinois

May I tell you how much your *BODY DYNAMICS* helped me. As you know, several years ago, I had had a serious operation on my left knee, and I had to give up my profession as a ballerina. My knee lost its capability of movement and it gave me pains again and again. This is considered as normal after such an operation, and I never dreamed it could be different. After going to your classes for only weeks, my knee made an enormous improvement. I am able now to use it much more freely and the pain completely disappeared. This is like a miracle to me and I don't know how to thank you for bringing my knee back to life and to rediscover the freedom of movement through your *BODY DYNAMICS*.  
Miss J. B., Evanston, Illinois

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