

# Cette Femme Fait Maigrir Son Tour De Taille -

**En Soufflant Sur Les Bougies D'Un Gâteau Imaginaire !**

Elle effectuera cet ingénieux EXERCICE SANS EFFORT pendant une minute - pas une de plus - et à partir de ce moment, elle pourra se tenir plus droite et avoir l'air plus mince et plus jeune qu'elle ne l'a jamais été depuis des années.

**DÉJÀ 100 000 EXEMPLAIRES VENDU**

Pourquoi un tel succès en terme de ventes ?  
PARCE QUE ÇA FONCTIONNE  
Lisez les détails passionnants sur cette page !  
Essayez-le - entièrement à nos risques !

La différence dans son apparence pourrait être presque exactement comme si elle avait suivi un régime strict pendant une à deux semaines - mais ici elle a atteint le même tour de taille en quelques secondes seulement.

Et ensuite, elle s'attaque aux rides prématurées qui la font paraître plus vieille que son âge en se concentrant cette fois-ci, non pas sur son visage mais sur ses pieds.

Elle apprend à faire flotter la partie supérieure de son corps dans l'air de telle sorte qu'elle ait réellement moins de poids, pour qu'elle puisse ensuite travailler ou jouer toute la journée avec seulement la moitié de son besoin en énergie (et donc moitié moins de fatigue).

Et puis, elle peut desserrer et renforcer la partie inférieure vitale de son dos et, pour la première fois de sa vie, « repasser » ses cuisses ridées comme avec un fer à repasser qu'aucun autre exercice ne pourrait jamais atteindre - *en ne faisant qu'un geste simple, pendant une minute supplémentaire avec sa cheville.*

**Cela Pourrait Bien Être Les Exercices Les Plus Faciles Jamais  
Imaginé, Ils Peuvent Vous Donner un Nouveau Visage  
et une Nouvelle Silhouette  
En Seulement 5 Minutes Triomphantes Chaque Jour !**

Eugène Schwartz - Les Annonces Best-Sellers

Pour le répéter une nouvelle fois, en 5 minutes, cette femme s'est donnée un traitement de beauté bien plus efficace que le salon de beauté le plus cher du monde. Et cela ne lui aura rien coûté.

*Et aucun traitement externe jamais inventé ne pourrait jamais lui donner cette nouvelle énergie palpitante et la résistance à la fatigue qu'elle a pu gagner pendant ces 5 minutes.*

Comment ceci est-il possible ? Aussi simplement que ceci :

Cette femme est l'une des étudiantes du programme le plus fascinant de jeunesse et de bien-être jamais réalisé. Plus de 20 classes enseignent ce programme dans la seule ville de Chicago. Plus de 100 000 personnes ont déjà acheté ce programme, sous forme de livre, à utiliser dans l'intimité de leur foyer.

*Des dizaines de médecins ont déjà recommandé ce programme à leurs patients pour des bénéfices en termes de santé : donner à ces personnes un sommeil vital sans tranquillisants ni médicaments... pour aider à renforcer le dos qui est une véritable torture... pour ramener l'énergie et la vigueur naturelle que ces hommes et ces femmes pensaient avoir perdu pour toujours.*

Le nom de ce programme miracle est CORPS DYNAMIQUE. Il s'agit essentiellement d'une série de brefs EXERCICES SANS EFFORT, conçus pour libérer la force naturelle et la beauté de votre visage et de votre silhouette.

**À propos de l'auteur :  
GERTRUDE ENELOW**

Depuis plus de 20 ans, Miss Enelow montre aux hommes et aux femmes de tout âges comment rajeunir leur apparence et leur silhouette de plusieurs années... en même temps, ils libèrent une nouvelle énergie palpitante et une résistance aux douleurs quotidiennes... Son cours révolutionnaire sur la santé et la beauté du corps, CORPS DYNAMIQUE, a été approuvé par de grands journaux comme Chicago AMERICAN ... Louisville COURIER ... Soul City JOURNAL et plus encore. Plus de 10 cours à Chicago enseignent maintenant leurs exercices sans effort. Maintenant, ils sont à vous... pour faire le plein de jeunesse sur votre visage... sans risquer un centime ! Envoyez le coupon sans risque aujourd'hui !

Il est maintenant disponible pour toutes les femmes désireuses de risquer un timbre d'un dollar - pas plus - et un week-end de leur temps pour vérifier par elles-mêmes les résultats incroyables depuis le confort de leur foyer.

Voici ce que le premier week-end peut vous donner. Cela commence par la plus vitale des fonctions restauratrices de beauté - le sommeil.

**La Façon Dont La Majorité Des Femmes Dorment Vieillit  
Leurs Visages de 30 Années. Voici Comment  
Un Simple Changement Dans Votre Posture Pour Dormir  
Peut Rendre Des Années À L'Apparence  
De Votre Visage et De Votre Cou.**

Le livre commence par vous rappeler un fait incontournable :

La beauté de la plupart des femmes est détruite - non pas par l'âge, la saleté ou l'exposition aux intempéries - *mais par la manière dont leur visage et leur cou s'enfoncent comme une boule ridée quand elles luttent pour dormir chaque nuit.*

Oui, pendant 7 ou 8 heures chaque nuit, la façon dont vous dormez provoque des rides sur votre visage, ce qui vous donne l'impression de paraître beaucoup plus vieille que votre âge, une fois que vous avez appris la BONNE façon de dormir, tout s'inverse.

Par conséquent, la première chose que ce programme extraordinaire CORPS DYNAMIQUE fait pour vous est la suivante : *il vous enseigne un rituel simple de 3 minutes qui transforme le sommeil destructeur de silhouette en soin de beauté.*

Ce rituel est composé de 2 étapes. La première étape vous montre comment envoyer des « signaux de sommeil » automatiques à votre esprit, à votre dos et à votre cœur - il vous suffit de dissiper les tensions inquiétantes et de laisser votre corps se préparer à flotter sans effort dans un sommeil profond.

La deuxième étape organise les parties de votre corps d'une nouvelle manière dans votre lit. Pour que votre corps s'enfonce si profondément dans votre matelas que le sommeil est obligé d'arriver. Pour que le bas de votre dos soit enfin complètement déchargé de toute pression. Pour qu'il n'y ait pas une seule pression sur aucun centre nerveux de tout votre corps.

Et - le plus important de tout - pour que votre tête soit maintenant parfaitement alignée sur votre oreiller - avec les muscles du cou détendus et pourtant renforcés... le menton complètement

levé... chaque centimètre carré de la peau de votre visage est lisse, brillant et tonifié... tout le visage, le cou et le menton subissent un soin de beauté de 8 heures.

Vous apprendrez ce rituel simple dès la première soirée où vous utiliserez ce livre. Le lendemain matin, vous vous réveillerez plus reposée que vous ne l'aviez jamais été depuis des années. Et vous pouvez laisser s'exprimer votre joie devant la nouvelle jeunesse que vous voyez face à votre miroir le matin même.

Et ce n'est que le premier cadeau que vous recevez avec ce livre étonnant. Voici quelques-uns des autres cadeaux qui vous attendent :

### **Votre Propre Souffle Est Le Meilleur Rajeunissant - Si Vous L'Utilisez De Cette Façon**

À la page 62, par exemple, vous découvrez un Exercice Sans Effort qui vous fait respirer d'une nouvelle façon - *et qui commande automatiquement à vos hanches et votre abdomen saillants de se dessiner.*

À la page 45, un autre Exercice Sans Effort vous apprend à marcher comme une reine, instantanément. Utilisez cette technique pour attirer les regards admiratifs, dès que vous entrez dans une nouvelle pièce.

La page 54 est de l'or pur en barres. Parce que cela vous donne un autre Exercice Sans Effort qui peut soulager la douleur continue du bas de votre colonne vertébrale dès le premier jour où vous l'essayez. Vous serez émerveillée par la nouvelle liberté passionnante de travailler, de jouer, de jouer au bowling, de jouer au golf, de danser et de vivre grâce à ce simple mouvement de « déverrouillage ».

Et la page 57 utilise votre correcteur de posture intégré pour vous aider à vous débarrasser de cette poitrine vacillante, creuse et affaissée au-dessus des épaules qui vous tourmentent depuis des années. Et, exactement au même moment...

### **Les Éléments Relaxants et Renforçants De Votre Corps Sont Désormais À Votre Service Pour La Première Foix**

Par exemple -

À la page 33, vous découvrez un mouvement de 6 secondes avec votre bouche, qui détend instantanément les muscles de la poitrine, du cœur et du plexus solaire - et élimine l'hyper-tension de votre corps comme de l'eau s'écoulant dans un tamis.

À la page 69, vous découvrez comment transformer les mouvements quotidiens de votre vie en exercices complets. Ainsi, chaque fois que vous vous asseyez, ou que vous vous tenez debout, ou que vous attrapiez un objet, vous vous exercez sans effort et vous affinez votre corps, vous permettant de rester en pleine forme sans même vous en rendre compte.

À la page 113, vous utilisez, pour la première fois, le vibreur intégré de votre corps - qui vous fait bondir d'énergie chaque matin en quelques secondes... qui vous calme après une journée de travail complète - en 2 ou 3 minutes palpitantes - et qui vous donne un nouvel élan de vitalité pour le plaisir de la soirée.

### **Un Dernier Mot De Recommandation**

Tout cela, et bien plus encore, est contenu dans le nouveau livre révolutionnaire Corps Dynamique de Gertrude Enclow - et vous pouvez le lire de la première à la dernière page, sans risquer un seul centime.

Deux mots de sagesse doivent cependant être ajoutés :

1) C'est un livre court. Il ne compte que 128 pages au total. Si vous êtes un lecteur rapide, vous pouvez le terminer en un seul week-end. Ne vous attendez donc pas à un livre volumineux, chargé de théorie inutile. Chaque page de ce livre regorge des directives pratiques et détaillées, que vous pouvez utiliser immédiatement pour vous donner la force, la santé et la beauté qui sont aujourd'hui enfermées dans votre corps.

2) Et surtout, ne vous laissez pas induire en erreur par la facilité et la simplicité des mouvements qui vous sont donnés dans ce livre ! Étant donné que la plupart d'entre eux peuvent être exécutés assis ou allongés dans votre lit... puisque la plupart d'entre eux ont été maîtrisés par des hommes et des femmes de plus de 90 ans... puisqu'aucun d'entre eux ne vous a même causé « une seule goutte de sueur » - vous pouvez penser pendant 1 jour ou 2 qu'ils ne peuvent pas vraiment vous faire autant de bien.

*Ce n'est qu'après la première semaine que les véritables résultats commencent à vous montrer l'incroyable efficacité de ces mouvements incroyablement doux - avec la légèreté avec laquelle vous sautez du lit chaque matin... avec le soulagement des douleurs chroniques que vous avez subi, une véritable torture depuis des années... avec la réaction de surprise de la part de vos*

*amis, devant votre nouvelle apparence alors qu'ils vous arrêtent dans la rue et vous prient de leur révéler votre secret !*

10 ans de preuves... des milliers de témoignages de réussites... recommandés par de nombreux médecins, tous ces témoignages racontent la même histoire. Essayez ce livre passionnant, entièrement à nos risques, AUJOURD'HUI !

**ENVOYEZ LE BON, SANS RISQUE, AUJOURD'HUI !**

**INFORMATION, INCORPORATED**

**Dept. NY8-12**

**119 Fifth Ave., New York, N.Y. 10003**

Messieurs : Oui, je veux essayer un exemplaire complet de Gertrude Enelow CORPS DYNAMIQUE entièrement à vos risques. Je joins le bas prix de lancement de seulement 5,98 dollars pour cette édition de luxe, je vais utiliser ce livre pendant 30 jours à vos risques. Si je ne suis pas complètement ravi... Si ce livre ne fait pas tout ce que vous promettez, je le renverrai simplement pour recevoir chaque centime de mon argent en retour.

Si vous souhaitez commander en CONTRE REMBOURSEMENT, COCHEZ ICI ! Réglez seulement 1 dollar en guise de bonne volonté. Réglez ensuite le solde du facteur, plus les frais d'affranchissement et de traitement. La même garantie de remboursement s'applique bien sûr !

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Information, Incorporated 1967

# This Woman Is Slimming Her Waistline

*By Blowing Out the Candles On An  
Imaginary Cake!*



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Why such runaway sales?  
BECAUSE IT WORKS  
Read the, thrilling details  
on this page!  
Try it-entirely  
at our risk!

**She will perform this ingenious EFFORTLESS EXERCISE for one minute - no longer - and from that moment on she can stand straighter, and look slimmer and younger than she had in years.**

The difference in her appearance can be almost exactly as if she had gone on a strict diet for one to two weeks-but she will have

accomplished the same slim waistline in seconds.

And then she will go on, to attack the premature wrinkles that make her look years older than her calendar age-by

**Eugène Schwartz - Les Annonces Best-Sellers**

concentrating this time, not on her face but her feet.

She will learn how to float the upper part of her body in air-so that it actually feels weight less-so that she can work or play all day with only half the energy requirement (and only half the tiredness) that she felt before.

And then she can loosen and strengthen the vital lower area of her back-and for the first time in her life "iron out" those ridgy washboard inner thighs that no other exercise could ever reach - all by doing nothing more than performing one simple gesture for one additional minute WITH HER ANKLE.

**Perhaps the Easiest Exercises Ever Devised, They Can Give You a New Face and a New Figure If You Give Them Five Triumphant Minutes Every Day!**

To repeat again, in five minutes this woman will have given herself a beauty treatment far more effective than the most expensive beauty salon in the world. And it will have cost her nothing.

And no external treatment ever invented could ever give her the thrilling new energy and day long resistance to weariness and fatigue that she can gain in these five minutes.

How can it be done? As simply as this:

This woman is a pupil in perhaps the most fascinating

look-younger, feel-better program ever conducted. Over twenty classes teach this program in the city of Chicago alone. Over 100,000 people have already bought this program, in book form, to use in the privacy of their own Homes.

Dozens of doctors have already recommended this program to their own patients for the health benefits alone: to give these people desperately-needed sleep without tranquilizers or drugs...to help strengthen torturous backs...to bring back the natural energy drive and vigor that these men and women may have thought they had lost forever.

The name of this wonder - working program is BODY DYNAMICS. In essence, it is a series of brief EFFORTLESS EXERCISES - designed to unlock the natural strength and beauty of both your face and figure.

**About the Author:  
GERTRUDE ENELOW**

For the past twenty years, Miss Enelow has been showing men and women of all ages how to take years off their appearance and inches off their waistline... at the same exact time that they liberate thrilling new energy and resistance to everyday aches and pains. Her revolutionary BODY DYNAMICS Health and Beauty Course has been proved by such leading newspapers at the Chicago AMERICAN... Louisville COURIER... Soul City JOURNAL, and dozens more.

Over twenty classes In Chicago alone now teach their Effortless Exercises. Gut now they are yours... to work the wonders on your face and figure... without ftrn risk ing a penny! Send In the No-Risk Coupon Today!

It is now available to every woman who is willing to gamble a five-cent stamp - no more - and a single weekend of her time to prove its incredible results In her own home.

Here is what the first weekend alone can give you. It starts with the most vital beauty-restorer of all - sleep.

**The Way Most Women Sleep Ruins Their Faces By Age Thirty. Here's How a Simple Shift in Your Sleeping Posture Can Take Years Off The Appearance Of Your Face and Neck.**

The book starts by reminding you of an inescapable fact:

Most women's beauty is destroyed-not as much by age or dirt or exposure to weather-but by the way their face and neck are squeezed up into a wrinkled ball when they fight themselves to sleep every night.

Yes, for seven or eight hours every night, the way you sleep presses wrinkles into your face-makes you seem years older than you have any need to look, once you have been taught the RIGHT way to sleep.

Therefore, the very first thing this amazing BODY DYNAMICS program does for you is this: it teaches you a simple three - minute ritual that transforms sleep from a beauty - destroyer to a beauty treatment.

This ritual is composed of two steps. The first step shows you how to send automatic "Sleep Signals" to your mind, your back and your heart -so that you simply turn off disturbing tensions, and let your body get ready to float effortlessly into deep sleep.

The second step arranges the parts of your body a new way in your bed. So that your body sinks so deeply into your mattress that sleep must come. So that the small of your back is completely unburdened at last. So that there is not a single pressure on any nerve center in your entire body.

And - most important of all - so that now your head is perfectly aligned on your pillow-with the neck muscles relaxed and yet strengthened... the chin completely uplifted... every inch of the skin of your face smooth and glowing and toned...The entire face, neck and chin being given an eight-hour beauty treatment.

You will learn this simple ritual the very first evening you pick up this book. You will wake up the next morning more refreshed than you have known in years. And you may gasp in joy at the new youth you see in your face

in the mirror that very same morning.

But this is only the first gift you receive from this amazing book. Here are just a few of the others:

#### **Your Own Breath is the Best Streamliner - If You Use it This Way**

On page 62, for example, you're shown an Effortless Exercise that causes you to breathe a new way - and that forces those protruding hips and abdomen of yours to draw themselves in, automatically.

On page 45, another Effortless Exercise teaches you to walk like a queen, instantly. Use this technique to draw admiring glances to yourself, from the very first moment you walk Into a new room.

Page 54 is sheer gold. Because it gives you another Effortless Exercise that can take the continual ache out of your lower spine from the very first day you try it. You'll be astounded at the thrilling new freedom for working, playing, bowline, golfing, dancing, living that this simple "unlocking" motion gives you.

And page 57 puts to work your Built-In Posture-Corrector to help you get rid of this sway-back, hollow-chest, slumped over shoulders that have plagued you for years. And, at exactly the same time...

#### **Your Body's Built-in Relaxers and Strengtheners Are Now**

#### **Put to Work for You for the First Time**

For example -

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

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

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...that calms you down after a full day's work-in two or three thrilling minutes-and gives you a new spurt of vitality for the evening's fun.

#### **A Final Word of Warning**

All these, and much more, are contained in Gertrude Enclow's revolutionary new Body Dynamics-yours to read from cover to cover without risking a penny.

Two words of caution must be added, however:

1) It is a short book. It has only 128 pages in all. If you are a fast reader, you can finish it in a single weekend. Do not, therefore, expect a huge weighty tome, full of useless theory. Every page of this book is packed with practical, step-by-step direction, that you can use immediately to give you the strength and health and beauty that are locked up inside your body today.

2) And most important of all-do not be misled by the ease and simplicity of the movement given you in this book! 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 year 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 can not really 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 incredibly gentle movements-in the buoyancy with which you bounce out of bed each morning ... in the relief from chronic pain to which you have been a martyr for years ...in the startled reaction of your friends, to your new appearance as they stop you on the street and beg you to tell them the secret!

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Gentlemen: Yes, I want to try a copy of Gertrude Enelow BODY DYNAMICS entirely at your risk. I am enclosing the low introductory price of only \$5.98 for this deluxe edition, I will use this book for a full thirty days at your risk. If I am not completely delighted...If this book does not do everything you say, I will simply return it for every cent of my money back.

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Two words of caution must be added, however: 1) It is a short book. It has only 128 pages in all. If you are a fast reader, you can finish it in a single weekend. Do not, therefore, expect a huge weighty tome, full of useless theory. Every page of this book is packed with practical, step-by-step

direction, that you can use immediately to give you the strength and health and beauty that are locked up inside your body today.

2) And most important of all—do not be misled by the ease and simplicity of the movement given you in this book! 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 can not really 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 incredibly gentle movements—in the buoyancy with which you bounce out of bed each morning...in the relief from chronic pain to which you have been a martyr for years...in the startled reaction of your friends, to your new appearance as they stop you on the street and beg you to tell them the secret!

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