

BULK RATE  
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IMPROVEMENT

# **FREE: HOW TO RUB YOUR STOMACH AWAY**

*"THE SIMPLEST WAY TO LOSE WEIGHT IS BY THIS EFFORTLESS  
TWO-MINUTE EXERCISE."*

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**"He regularized his bowel movement, lost 40 pounds, and was filled with new energy."**

**"She had lost five inches in her waist, hips and thigh area."**

**"He had already lost three notches on his belt."**

**"By such simple means, the superfluous areas of the abdomen are**



How Modern Chinese Medicine Helps Both Men and Women

# BURN DISEASE OUT OF YOUR BODY

— *using nothing more than the palm of your hand!*

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**“How to treat high blood pressure, bursitis and arthritis—or even reverse them—simply by massaging the outside of the legs in a downward way.”**

“Cures and prevents hemorrhoids, and problems of the prostate, such as enlargement and cancer.”

**“Throw your glasses away, simply by rubbing around the eyes for a few minutes every day.”**

**“If one has strong sexual glands, one may never grow old.”**

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**FREE SNEAK PREVIEW**

How modern Chinese Medicine helps  
both men and women

# **BURN DISEASE OUT OF YOUR BODY**

...lying flat on your back, using nothing  
more than the palm of your hand!

This may be the most startling health news you have ever read, dear friend —

And we are going to let you prove its merits to yourself,  
without risking a single penny. It is that different. That  
powerful. That provocative and controversial.

Let us explain:

**THE CHINESE DO NOT BELIEVE IN SURGERY OR MEDICINE FOR  
MAJOR ILLNESSES. THEY PREVENT SUCH ILLNESSES INSTEAD—WITH A  
SERIES OF MILD, ALMOST EFFORTLESS INTERNAL EXERCISES.**

If you do not have an open mind, please stop reading here. For this letter is about to introduce you to a new (although it is 4,000 years old), and different type of self-healing. Born in China over 40 Centuries ago, it is called Taoist medicine. And we will let the foremost practitioner of it in the Western world—Dr. Stephen T. Chang—give you a brief and startling introduction to these effortless exercises:

“Primary symptoms of old age are often experienced as coldness or numbness in the legs and feet due to the deterioration of the circulatory system at the extremities of the body, stiffness of the joints, and the lack of sexual energy. This exercise is designed to reverse these and other degenerative problems of the lower trunk, thus restoring youthfulness to the body.”

**AND HERE ARE MORE RESULTS DR. CHANG PROMISES YOU  
—PERHAPS STARTING WITH YOUR VERY FIRST DAY...**

“Solar plexus exercise.” The exercise described in the headline of this letter, in which the Chinese help **BURN DISEASE OUT OF THEIR BODIES**... lying flat on their back, using nothing more than the palm of their hand. As Dr. Chang says, “Building up this fire will help to burn out every disease associated with this area of the body, including diarrhea, constipation, flatulence, diverticulitis, cancer, and other disorders.”

“... with consistent practice, the muscles in the abdomen and body will tighten and become toned and strengthened. Excess fat, water and flesh will be eliminated, and the belly will shrink.”

“The heart exercise may be practiced morning, noon and night, depending upon the seriousness of the

**YOURS TO KEEP FREE**—“HOW TO RUB YOUR STOMACH AWAY”...  
even if you return “The Complete System of Self-Healing” for every cent of your  
purchase price back.

**Read full details in enclosed brochure—**

problem. If you have a weak heart, practice it once a day. If there are palpitations of the heart or angina, practice it at least twice a day. If you have had a heart attack, then this exercise needs to be performed at least three times a day. The exercise may also be practiced as preventative medicine to keep a strong heart healthy."

"... Many diseases of the ears, such as ringing and partial deafness, can be helped or cured by using this exercise."

"This way, invading germs do not have a good environment in which to settle and germinate... Then it is not easy to get diseases."

"...Clicking the teeth—as shown to you on page 132—will help tighten the joints of the body, and keep the teeth healthy."

SPECIAL FOR MEN: "... The in-flow of energy will help to heal any injury or disease you may have in your arms or shoulders."

SPECIAL FOR WOMEN: "The pose increases the circulation to the toes, feet and legs as well as the organs throughout the abdomen... It works to cure... menstrual problems of the female system such as cramps and excessive bleeding. It is also an excellent exercise for pregnant women as it opens up the pelvis and assures an easy delivery."

"The exercise strengthens the muscles of the rectum and prevents and/or cures hemorrhoids."

**BUT WHY, DR. CHANG ASKS,  
DO SUCH EFFORTLESS INTERNAL EXERCISES  
HAVE SUCH AMAZING EFFECTS UPON  
YOUR BODY? HERE ARE HIS ANSWERS:**

"Stress... breeds fear and disease. Presently, growing old conjures images of high blood pressure, arterial sclerosis, embolisms, cancers and diseases of all imaginative types. Until recently, Westerners have been given few alternatives for dealing with these stresses. We have allowed our bodies and minds to weaken with only cursory hopes of slowing down the aging process and deterring disease for a time. However, the main emphasis of the Internal Exercises, is on strengthening our bodies and minds... by performing these simple exercises on a daily basis, we can look forward to growing old with a sense of ease and excitement, knowing that we carry an aliveness which comes only from living a life free from the anxiety of future illnesses and the weakness due to present diseases."

"It was Western scientists who ingeniously verified the existence of electromagnetism providing thereby a means for the logical explanation for many of the previously unexplained phenomena resulting from acupuncture therapy... as well as the health-enhancing benefits obtained through the practice of the Internal Exercises."

"By learning the Internal Energizing Exercises we are thus able to gain control over the vast energy upon which all life depends. We can then use this energy to heal ourselves as well as others, and insure our continuing health and spiritual growth..."

**"THE ANCIENT TAOIST UNDERSTOOD THAT... DISEASE  
OCCURRED WHEN THERE WAS A STATE OF ENERGY  
DEPLETION OR WEAKNESS."**

In other words—

"Disease of the body can be eliminated by readjusting the energy imbalance that is the unseen cause..."

"... weakness is the first step toward disease. If we have no weakness, then it will be impossible to contract a serious illness..."

**"...SELF-HEALING, WHICH IS THE NATURAL RESULT OF  
DOING THESE EXERCISES ON A REGULAR BASIS, IS GUARANTEED."**

#### ABOUT THE AUTHOR

Stephen Chang, M.D. (China), Ph.D. comes from a family which has practiced medicine for more than 400 years. Dr. Chang's great grandfather was personal physician to Empress Chih Shee and also the first Ambassador to the United Kingdom. Dr. Chang has a Ph.D. in philosophy, holds two law degrees and received his medical degree in China, from Yung Chi University Medical School, where he was trained in both Western and Chinese medicine.

Currently, he is on the faculty, or has consulted or conducted classes and lectures in Chinese medicine (which he has been practicing for more than 30 years) in such universities and organizations as: The University of California, at Berkeley... The University of Oslo, Norway... U.S. Public Health Service Hospital, San Francisco... The University of Oregon... College of San Mateo... Golden West College... Center for Chinese Medicine, Continuing Education... and many more.

In addition, Dr. Chang has given many workshops for registered nurses. When held in California, for example, each workshop provided Continuing Education Credit by: California State Board of Registered Nursing... American Medical Association Category II... and California State Board of Dental Examiners.



"The Internal Exercises are easily performed, require no strenuous activity, and do not require a great deal of time to perform."

"They are the very opposite of an external exercise. While external exercises... may produce an attractive outer figure, they often do so by depleting the energy of the internal organs, thereby causing not only any number of illnesses, but also premature aging."

"Internal Exercises encourage the circulatory system without speeding up the heart rate. All the exercises are done slowly, without effort. You see, the number of times our heart beats during our lifetime indicates the length of our life. We do not want the heart to wear out prematurely. The heart rate does not increase during the practice of these exercises and, yet, through their practice the heart rate actually slows down."

#### FOR EXAMPLE, LET US GIVE YOU THE SIMPLE INTERNAL EXERCISE THAT ENERGIZES THE HEART.

This exercise shows you immediately how incredibly simple, how incredibly easy, how incredibly comfortable these Internal Exercises are. When you receive Dr. Chang's book, to prove or disprove at our risk, turn immediately, without preliminary reading to page 140. There you will be shown the exact way to hold your body while energizing your heart. No movement—we repeat, no movement—is required. All you do instead is this:

Sit, or stand, in a comfortable position, with your hands simply extended in front of your chest at the level of your shoulders. Make sure that the fingertips of each hand almost touch—but keep about a quarter of an inch distance between them. Keep your eyes focused on the tops of your fingers. THAT IS ALL THERE IS TO THE ENTIRE EXERCISE. Nothing else. no further effort. Not even the simplest movement of the body is required.

Nothing more. Nothing more to do. Not a single strain on any part of your body. Your heart beat doesn't rise a single beat. And yet, what happens, is this—

"This exercise creates a flow of energy, which comes in through the fingers of the right hand, comes across the chest and into the heart, then passes through the left arm, hand and fingers. As the energy passes through the heart, IT STRENGTHENS THE HEART TISSUES AND SURROUNDING BLOOD VESSELS. If at first you are unable to perceive this energy flow, develop your patience and keep practicing the exercise. You will quickly begin to perceive a tingling sensation in the

fingertips. With practice, you will be able to feel the entire circle of energy as it passes through your arms, body and heart. Then you will know that you are building a stronger heart."

**BUT THERE IS FAR MORE.  
FOR EXAMPLE—**

How to treat high blood pressure, bursitis and arthritis—and prevent them from degenerating further, or even reverse them—simply by massaging the outside of the legs in a downward way. How to check stomach sag, merely by concentrating on the heels of your feet. Brain cleansing—by breathing.

How to reach the state of inner vision, so that no one will be better equipped than you to diagnose your own state of physical health. In other words, helps you see all the signs before a disease begins to take hold in your body.

How to wash out the heart, with healing-air, so that it becomes strong and revitalized again.

**AND REMEMBER, YOU LEARN THE HEALING INTERNAL EXERCISES  
LISTED ON THE BACK COVER OF THE ENVELOPE AS WELL...**

**AS DR. CHANG SAID, "IF ONE NEVER HAS A MILD ILLNESS, THEN A  
SERIOUS DISEASE WILL NEVER DEVELOP."**

Many years ago, most medical men would have laughed at the Taoist medical invention of acupuncture. Now thousands of doctors all over America are using it for their own supplementary treatment. Will the same story now be repeated with these Internal Exercises?

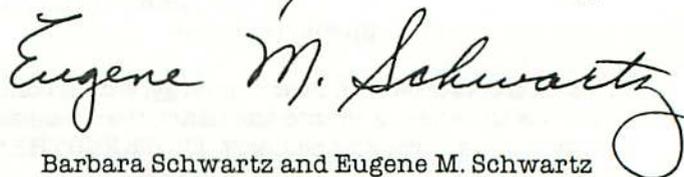
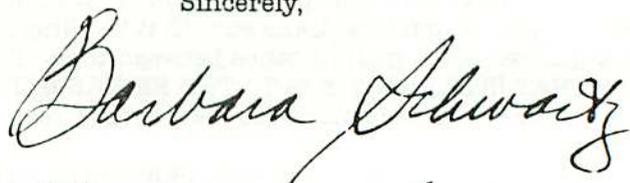
No one knows, but already they are being used by thousands of people to heal themselves, through this great new book by the leading practitioner of Taoist acupuncture and Taoist medicine in the United States—Dr. Stephen T. Chang.

We know that these exercises are so unusual, so different, so simple, so easy, and so remarkable in their promised results, that we cannot expect you to take our word for them in advance. Therefore, we ask you to prove them, or disprove them, entirely at our risk.

Here's all you do. Send in the no risk order blank today. Try these Internal Exercises, on your own body, in the privacy of your own home, for as long as you wish, entirely at our risk. If they do not do everything that Dr. Chang says, if you are not delighted beyond belief, simply return that book at any time, and every cent of your purchase price will be refunded immediately, without quibble or question.

What could be fairer? Are you tired enough of the failure of conventional techniques, conventional medicines, to help your particular ill or ailment? If so, why not try these Internal Exercises—without risking a penny, today?

Sincerely,



Barbara Schwartz and Eugene M. Schwartz  
for Instant Improvement

# FREE... HOW TO RUB YOUR STOMACH AWAY

YOURS TO KEEP FREE, EVEN IF YOU RETURN  
"THE COMPLETE SYSTEM OF SELF-HEALING" FOR  
EVERY CENT OF YOUR PURCHASE PRICE BACK.

"This weight loss method does not come from Western medicine. No, its source is 6,000 years of study of the natural principles of healing. It is only now that this ancient wisdom of the body is becoming available to you in the West."

**"THE SIMPLEST AND MOST NATURAL WAY TO LOSE WEIGHT IS BY THIS EFFORTLESS TWO-MINUTE EXERCISE."**

"There are two principal components to this exercise. The first part begins by lying flat on your back. Relax. Put the palm of your hand on your navel. Then simply rub — nothing more — in exactly the way I am going to show you. (See Page 8 of Dr. Chang's Confidential Report.)"

"What is really taking place while you are rubbing your stomach away is this. When the hand is gently passed over the body this way, energy invisible to the naked eye passes from that hand through the skin. So . . . you are actually 'brushing with energy' the cells and tissues, throughout the stomach area. Your own bodily electricity, like a fine and gentle brush, shoots out into the skin and underlying tissue."

"In the first part of the exercise, then, fatty accumulations and deposits are disturbed from their resting places and eventually broken up. They are then passed into the eliminatory system and out of the body."

**"BY SUCH APPARENTLY SIMPLE MEANS THE SUPERFLUOUS AREAS OF THE STOMACH ARE RUBBED AWAY."**

"Losing weight is largely a matter of increasing the efficiency of the digestive organs. Have you ever tried cutting down on your food intake, or changed your diet overall, and still found yourself unable to lose weight? This is because your digestive and eliminatory processes are not what they should be."

"Well, this exercise is a kind of gentle and natural colonic irrigation . . . excess fat is being burned off. Fatty tissues around the stomach and intestines

are metabolized and then discarded."

"The usefulness of the exercise has nothing to do with rubbing the skin with great pressure. The movements of your hand are simply a mechanism to pass your own bodily energy, which is an electrical force in itself, back into your lower extremities. The key is that energy. Let it do its own healing work."

**"YOU NEEDN'T FEEL YOU MUST DO IT FOR MORE THAN TWO MINUTES AT A TIME FOR IT TO BE EFFECTIVE."**

"The exercise should be performed twice a day (or more if you like) — on your back."

"If you persist, you will reap other benefits as well. It will improve the condition of your heart, because you will have reduced its burden. The blood vessels will be gradually strengthened . . . You will improve your digestion. You may very well notice an upswing in your level of vitality."

**AND, ONCE AGAIN — "THE SUPERFLUOUS AREAS OF YOUR STOMACH AND ABDOMEN ARE LITERALLY RUBBED AWAY."**

Dr. Chang's confidential report, "How to Rub Your Stomach Away", can be obtained nowhere else but through this advertisement.

And it is your ABSOLUTELY FREE . . . even if you return "Internal Exercises" for your purchase price back.

**VITAL NOTE:** The guaranteed promises on this page are so startling, so unexpected to those who are not familiar with Eastern medicine, that it is imperative that you read Dr. Chang's credentials. These are given to you, in a brief outline, on page 3 of the accompanying letter.

Sound impossible? Then let us quote directly from Dr. Stephen Chang —

"What is going to be discussed here is a disarmingly simple method to lose weight and inches. This same method also promotes proper digestion, sound sleep and a healthy heart."

## READ DR. CHANG'S THRILLING CASE HISTORIES!

One day, I was lecturing on a college campus in upstate New York. The dean of studies, who was very overweight, looked much older than her years, and was in poor physical health generally. I suggested the exercise, demonstrating it for her. In just a few weeks she had lost five inches in her waist, hips, and thigh areas, and her color had come back to "normal." She became a younger, more vibrant woman.

John a bank president, was overweight, sluggish, constipated. And, at age 55, he was almost ready to give up. His secretary urged him to try the simple stomach rubbing exercise. By applying the exercise faithfully, he regularized his bowel movement, lost 40 pounds, and was filled with a new energy.

An extremely overweight young woman of 29 came up to me to say that she feared she'd never shed her excess inches. She was wearing a size 18 dress and that was tight on her. Within two weeks she noticed how loose her size 18 dress was becoming. So she did the exercise daily no matter where she happened to be, and today she is down to a size 11. When I first met her, she appeared to be in her 40's — and today she can easily pass for her very early 20's.

Mrs. Rosario ran a successful Italian restaurant in Chicago, and she nibbled at everything. Her husband was dead, and she was convinced that she'd never attract the attention of any suitors at her age (she was 47) and with her weight (5'4", 175 pounds). Today she is happily remarried, and she keeps her stomach flat and her hips trim by doing this simple exercise every day.

Although I wouldn't recommend that a person continue to eat and drink excessively, let me give you an example of a man who did just that and still managed to lose inches. Paul C. attended one of my lectures. He was nothing short of obese, and he was still gaining weight. He told me that eating was his chief pleasure in life and he didn't see that he would be willing to give it up. "But is there a way for me to lose this stomach?" he asked me, pointing to his distended belly. Mr. C. was obviously a "hard case," but I recommended that he do the exercise. I got a call from him a month later, and he told me gleefully that he had already lost three notches on his belt! He continued to lose weight until he had stabilized into a normal range, but he still shows his friends his old belt.

See Amazing Second Free Premium on Back 

SECOND FREE BONUS-- Also yours to keep even if you return 'The Complete System of Self-Healing'.

# FLUSHES FAT RIGHT OUT OF YOUR ARTERIES

"Oat bran is just the bare beginning," says Dr. William Lee. "Many natural foods and supplements—rather than prescription drugs—can drastically lower your cholesterol for pennies."

For example . . . Capable of binding to cholesterol in your digestive system so it passes right through your body — page 12.

"Taking them with a meal decreased cholesterol absorption by as much as 64%" — page 16.

"May not only improve your body's ability to burn fat, but also wash away deadly plaques in your arteries." — page 17.

"Patients were given (the all-natural cholesterol-flusher on page 19) for four weeks. Even in that short a time, the level of cholesterol fell 43 percent."

"May actually help reverse atherosclerosis" — page 13.

"You may be able to eat eggs without worrying about their effect upon your heart" — page 5.

"This inexpensive vitamin can reduce the risk of heart disease far better than diet alone, or than any of five commonly prescribed drugs" — page 20.

"Experienced dramatic shrinkage of fat deposits all over their bodies" — page 14.

Want to gorge yourself on French fries cooked in fat that has no calories? Satisfy your craving for that greasy taste without raising your cholesterol level? Then see page 7 at once.

"Skyrockets the rate your body breaks down and pours out the cholesterol" — page 17.

"Despite the fact that they were eating a high-cholesterol diet, those who drank (see page 6) had cholesterol levels within the normal range."

"Not only lowers cholesterol, but controls ugly fat" — page 19.

"Burns fat from within . . . Transfers fatty acids to the cell's engine, and uses them as an energy source . . . The rate of fat burned thus rises to as much as 60 percent" — page 15.

"Cholesterol build-up in the arteries simply plunged" — page 23.

## IN THE TREATMENT GROUP, CHOLESTEROL PLUNGED 59 POINTS.

As the New York Times reported, the subjects of this study had all been told, on the basis of an angiogram, that they had severe heart disease. Fifty patients were randomly divided into two groups. One group received traditional care including advice on lowering their cholesterol levels and blood pressure as well as advice on quitting smoking.

The second were put on . . . (see page 1 of this Free premium). In this treatment group, cholesterol averaged 213. A year later it averaged 154.

This second group had a measurable widening of arteries. The greatest improvement came in the arteries that had been the most clogged!

". . . binds to cholesterol and removes it from the body along with the waste material. It simply picks up the cholesterol and safely moves it out of the body." (See page 19.)

**"May be more effective than some of the conventional drug treatments"**  
— page 19.

From the Journal of the American Medical Association: the all-natural cholesterol detergent that gives the same results as the prescription drug, *cholestyramine*, but that costs only 17% as much. (See page 2.)

"Speeds killer foods through your body . . . allowing it less time to absorb fats and

sugars" — page 19.

"From Dr. Robert Downs: 'If you have a circulatory problem and want to help yourself, the last two used together are almost miraculous!'" (See page 24.)

"Showed 30 to 40 percent lower cholesterol deposits" — page 23.

"Has the positive ability to break down fat . . . any type of fat that needs to be emulsified, such as gallstones or fat deposits in the liver or gall bladder" — page 25.

"Makes you eat far less because of the balloon feeling in your stomach" — page 20.

"Should be the first substance to be used when diet fails to adequately reduce LDL cholesterol levels" — page 11.

"In the absence of (the all-natural cholesterol flusher on page 15), many fats cannot be burned — and therefore they build up within the cell."

"Reduces post-heart attack risk"—page 13.

"Used to counteract poisons when people have accidentally swallowed them" — page 19.

"Helps trigger the enzyme that breaks down cholesterol. This reduces the risk of fatty deposits sticking to the walls of your arteries and cutting off the flow of blood." (See page 23.)

And much, much more.

### Just a few of the Scientific and Medical Journals that Dr. Lee used as sources for this breakthrough report.

New England Journal of Medicine  
Journal of Nutrition Science and  
Vitaminology

American Journal of Clinical Nutrition  
Journal of the American Medical  
Association

International Journal of Cardiology  
The Canadian Journal of Biochemistry  
British Journal of Experimental  
Pathology

Harvard Medical School Health Letter

### ABOUT DR. LEE

Doctor William H. Lee, R.Ph., Ph.D., is a master herbalist, a registered pharmacist, and has his doctorate in nutrition. He has written numerous books and articles for the professional health field, as well as for the general public. For example, he is the author of "The Question And Answer Book of Vitamins", "Pre-Menstrual Syndrome", and many more. His monthly column appears in *American Druggist Magazine*.

This and 'How to Rub Your Stomach Away' are both yours free if you act within 10 days.

## FOR WOMEN • FOR MEN • FOR BOTH MEN AND WOMEN

"This outward circular rubbing motion of the hands (shown on page 79 of the book described inside) is called **DISPERSION**, and helps to prevent lumps and cancer of the breasts. One may reverse the motion of the hands . . . This is called **STIMULATION** and its effect is to enlarge the breasts."

"This pose strengthens and tones the thighs, calves and

ankles. It makes the abdominal muscles strong and increases the circulation in the legs and body, as well as strengthening the back and the nerves in the body. It also stimulates the meridians of the bladder, gallbladder and stomach. These meridians lie along the legs, and so it helps to reduce water retention and excessive weight and lowers the blood pressure."

"Thus one secret of maintaining youth into one's old age is to exercise glands and keep them strong."

" . . . and it is said that if one has strong sexual glands, one may never grow old."

"This exercise cures and prevents hemorrhoids and cures problems of the prostate, such as weakness, enlargement and cancer (all by using a simple sitting exercise that doesn't cause you even to take one extra breath)."

How to eventually throw your glasses away, and never need to see an eye doctor again, simply by rubbing around your eyes for a few minutes each day.

How to keep your lungs strong, acquire fewer colds, allergies, and sinus conditions, simply by stimulating

certain points about your nose.

How to use natural healing water as a form of medicine, so powerful that it may be used to treat cuts and other infections. And so powerful, indeed, that, when properly used, it helps prevent tooth decay.

**And dozens more . . . Read the full details inside. Prove them all yourself, in the privacy of your own home, entirely at our risk.**



Stephen Chang, M.D. (China), Ph.D.

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Please rush me a copy of **THE COMPLETE SYSTEM OF SELF-HEALING**, by Dr. Stephen T. Chang! I enclose \$29.98 plus \$2.00 for postage and handling. In addition, I understand that I may examine this revolutionary new book for **AS LONG AS I WISH**, since I am fully protected by your 100% No-Risk Double Guarantee shown at left.

Also rush me my free gift copy of **HOW TO RUB YOUR STOMACH AWAY**. I understand that it is mine to keep, even if I return the main book for every cent of my purchase price back.

Also send me, for responding promptly: **FLUSHES FAT RIGHT OUT OF YOUR ARTERIES** as a second free premium.

Send check or money order (U.S. currency only) payable to **Instant Improvement, Inc.** New York residents, please add appropriate tax.

See other side 

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