
BOOKS

IMPORTANT: The enclosed Statement of Participation gives you the chance to win the \$2,000,000.00 Grand Prize and any of 25,039 other Sweepstakes prizes. In addition, you were assigned 6 exclusive numbers providing you with 6 separate chances to win our \$100,000.00 Customer of the Year Prize. Return your Statement as directed to guarantee all your prize-winning opportunities.

And keep reading to find out how you can slow down the clock and age the way you want to with the new book we're now planning...

LOOKING AFTER YOUR BODY

An Owner's Guide To Successful Aging

Dear Reader,

TWO MINUTES.

That's about how long it will take you to read this letter. And that's how much older you will be when you are done!

In the next two minutes, will your immune system do its best to protect you from illness?

Will your brain do all it can to preserve your fondest memories?

Will your cells work hard to ward off cancer?

Will your bones get the nutrients they need to stay strong?

Will your skin stay soft and young looking?

Wouldn't you like to be able to answer "YES" to all of these questions? With the new book we're now planning, you can!

From preventing heart disease to coping with everyday health annoyances like backaches, poor sleep and hot flashes, LOOKING AFTER YOUR BODY will be packed with the hints, tips and secrets you need to grow healthier and happier as you grow older!

Aging is automatic. Ailments don't have to be!

One of the most exciting breakthroughs to come from the world of anti-aging research is that our lifestyle - more than any other factor - controls the way we age.

Using this cutting-edge information, LOOKING AFTER YOUR BODY will give you smart, no-hassle ways to add years to your life - and life to your years! The advice will be easy to understand, the steps will be easy to take, and best of all, the results will be easy to achieve! You'll discover...

Anti-aging diet makeovers. Small changes that can make a big difference in your health...

Catsup or mustard on that burger? The right choice could help improve your alertness. We'll tell you how.

Simple exercises for any age. No-sweat methods of getting strong, staying limber, feeling fit...

Learn the simple exercise you can do just six times a month that could cut your risk of premature death in half!

Valuable information on vitamins, herbs and supplements. What's fact and what's fiction...

Help yourself to the super-nutrient that can fight off as many as three out of four cases of colon cancer in women.

No-miss strategies for eliminating stress. Turn up your immune system by turning down the tension...

Find out how repeating a single word can slow down your heart rate, lower your blood pressure, and reduce your risk of getting colds. (Yes, a word!)

Proven techniques for boosting your brain power. Stay sharp, feel focused, maintain your memory...

Find out which part of the newspaper you should spend time with to help your mind stay young and alert.

Sure-fire health and beauty secrets: The best ways to make sure you'll look as good as you'll be feeling...

How to treat spider veins? Remove teeth stains? Lighten age spots? Smooth wrinkles? We'll show you how!

Age-proof your body with valuable Special Features!

Page by page, chapter by chapter, **LOOKING AFTER YOUR BODY** will be filled with colorful photos, crystal-clear illustrations and expert advice to help you feel your best and stay that way for years to come!

And throughout the book, special features will do their part to help you feel and look younger by the minute...

Fast Facts - At-a-glance "feel younger" secrets! Discover the one vitamin that could be just as effective as aspirin in relieving arthritis pain.

Simple Solutions - Quick and easy get-healthy tips! Replace soda with water at just one meal a day for surprising weight-loss benefits.

Nutrition Notes - What to put in your mouth to make your whole body feel great! Choose the right vitamin to lower the risk of prostate cancer by as much as 32%.

Words of Warning - Pitfalls to watch out for on the road to longevity. Find out which supplement to avoid if you're a woman past menopause.

Plus The Latest News will highlight brand-new research that dispels many common aging myths, and In Their Own Words will give you guidance straight from medical specialists in dozens of fields!

From head to toe. Inside and out. Body, mind and spirit. **LOOKING AFTER YOUR BODY** will be your body's **OWNER'S GUIDE** to successful aging!

Feel years younger. Have more energy. Look your best. AND secure the chance to win millions in the Sweepstakes, too!

Send no money now. Just return your Statement of Participation as directed in the enclosed YES reply envelope. We'll enter you in the Sweepstakes immediately with a chance to win the \$2,000,000.00 Grand Prize, register your 6 chances to win the \$100,000.00 Customer of the Year Prize, and we'll send you LOOKING AFTER YOUR BODY when it's ready.

This step-by-step guide to aging well will be yours for only \$29.97, payable in 3 monthly installments of just \$9.99 each, plus delivery. No interest, no charge for credit. And you get our Complete Money-Back Guarantee of Satisfaction.

If at any time you feel LOOKING AFTER YOUR BODY isn't everything we said it would be, return the book to us and your money will be promptly refunded.

You can enter our Sweepstakes without enjoying LOOKING AFTER YOUR BODY by returning your Statement of Participation in the enclosed NO reply envelope instead. We'll still enter your chance to win the \$2,000,000.00 Grand Prize and register your 6 chances to win the \$100,000.00 Customer of the Year Prize.

But why not say "YES" and treat yourself to each and every one of the stay-young secrets in this invaluable new book!

Whatever you decide, reply by October 18 for maximum prize-winning eligibility. All prizes are guaranteed to be given away!

Good luck!



Carolyn Davis

P.S. Return your Statement of Participation by October 18. We'll add a \$100,000.00 Rapid Response Bonus Award to your \$2,000,000.00 Grand Prize if you're the winner, and you'll also be eligible to win a special "Winner's Preference" Prize. (See the enclosed letter for details.)

P.P.S. Plans for production of this new book depend on the response to our offer so please, say "YES" today!