

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!

X 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 "Internal Exercises" for every cent of your purchase price back.

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 59—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."**



grandfather was personal physician to King George V, 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 Yang 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 Ohio, 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 B... 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 PRACTICE."

"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 A FEW 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 89. 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—

...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*

*Eugene M. Schwartz*

Barbara Schwartz and Eugene M. Schwartz  
for Instant Improvement