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At last! China reveals her 1,300 year old stay-young health secret.

MORE AMAZING THAN ACUPUNCTURE?

by George Culbertson © Copyright 1974 by Good News Publishing Co.

The average American gets his only exercise walking from his house to his car. As soon as he gets in his car, the automatic transmission, power brakes, and power steering take over for him. In many cases he even has a remote control gadget that opens his garage door where he keeps his riding power lawn mower. In the meantime his wife is in the kitchen with her electric mixer, electric can opener, garbage disposal, and self cleaning oven.

It seems like machines do everything for us lucky Americans anymore. Is it any wonder then that almost 80 per cent of Americans are overweight? Did you know that the United States is ranked 11th in the world for life expectancy of women and 18th for men? Over 165,000 Americans die prematurely each year from heart disease.

It's a shame that such a rich and wonderful country like ours is losing its health because of its own richness. In an age where we are now worried so much about the ecology of our land, I think it's about time we worried more about the wasting of our bodies.

If you are an average American, chances are that you are well aware of the problem, and you are seriously willing to do something about it. The only trouble is, you've dieted umpteen times, but gained back every pound you lost after you quit dieting. And who the heck wants to be on a diet for the rest of his life, anyway. You've probably tried exercising too, but

gave it up before it had a chance to do any good. After all, most exercises are hard and strenuous, and most Americans really don't have the time to do them. The fact is that we are in danger of becoming a nation of weak, fat slob.

So where is the solution to our problem? Must we give up the good things of life we have struggled so hard for? Do we have to trade in our air conditioned cars for bicycles, and our rich foods for bland diets?

The answer is NO! Believe it or not, there is a way we can have our cake and eat it, too! There is a way to be fit and trim without working for it!

Strangely enough the answer to the problem isn't new. It is over 1300 years old. The Taoist monks of ancient China had a worse problem than we do. They were very intelligent men who sat and meditated continuously without hardly moving at all.

Although the meditation helped improve their minds, they realized that their bodies were suffering for it. As a result these thinking men developed a series of movements that exercised every muscle of the entire body in just a few minutes without strain. These exercises were called TAI CHI. They could be done anywhere anytime in just a few minutes without working up a sweat. It was the answer to their problem, and it is also the answer for us easy living Americans.

Doctors and physical educators have been extremely excited about TAI CHI since it arrived here in the United States. Here,

finally, is an exercise that is easy enough for both young and old to do, but beneficial enough to help control your weight. TAI CHI has been enthusiastically endorsed in magazines like *Newsweek*, *Vogue*, *Cosmopolitan* and *Harpers Bazaar*.

Helping to control your weight is only one of TAI CHI's benefits. Here are some others:

- *It tones all of the muscles of the body, giving you a slimmer and younger looking appearance.*
- *It increases your blood circulation, giving you a less tired or nervous feeling.*
- *It stimulates better breathing, supplying more oxygen to your body tissues. (It takes oxygen to burn up fat.)*
- *TAI CHI strengthens the muscles of your heart without straining them. (This may give you a much better chance against heart disease)*
- *TAI CHI has a relaxing effect, almost like a mild tranquilizer, letting you sleep better at night and feel better in the morning.*
- *It strengthens the lower back muscles. (weak back muscles are a major cause of back-ache)*

Remember one thing... TAI CHI is not a gimmick. It has been recommended by hundreds of health authorities, and it really works. If you are really serious about losing weight and becoming physically fit, TAI CHI may well be the solution to your problem.

After the Taoist monks invented TAI CHI, they jealously kept it a secret for hundreds of years. Today it is no longer a

secret. In fact, it is gaining wide popularity in the United States.

The Good News Publishing Co. recently discovered a book, written by a master instructor in the art of Tai Chi. This book is a complete course in Tai Chi and contains over 100 illustrations simple enough for anyone to understand and perform.

Again, let me remind you that these easy exercises can be performed in just a few minutes with absolutely no huffing or puffing.

Believe it or not, the price of this course in TAI CHI is only \$6.95 complete. And The Good News Publishing Co. will make this unusual guarantee to you. After you receive your course in TAI CHI, take it to your family doctor and show it to him. If he says, for any reason, that it's not worth it, send it back and Good News will refund your money in full.

To get your copy, please send \$6.95 to Good News Publishing Co., 7576 Freedom Ave., North Canton, Ohio 44720.

The book will be sent to you promptly by return mail.

Again, if for any reason you or your family doctor are dissatisfied, you can return the book and your \$6.95 will be refunded immediately.

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