

Brand New! With Great advances on his original diet breakthrough!

Take Dr. Stillman's Word For It:

**"GIVE ME JUST 14 DAYS
AND I WILL SHOW YOU A 'MIRACLE'
IN LOSS OF POUNDS AND INCHES WITH
MY NEW, TESTED PROGRAM"**



"Over the past 7 years I conducted intensive, day-in-day-out research and testing toward improving my reducing methods. As a result I created a vitally different, new diet that would work remarkably for overweights. I've helped people everywhere take off tens of millions of pounds of fat. Now it's your turn."
Dr. Stillman

In his long career, world-famous Dr. Irwin Stillman learned a cardinal rule: "Unless you get visible results from a diet within a short week—which you see on the scale and in the mirror—you are likely to give up." That is why, in answer to the requests of thousands, he created his new, dramatic 14-day weight loss program...

Start Burning Calories by Igniting the SDA—Specific Dynamic Action of Food Inside Your Body

That fatty blubber causing your body to bulge, sag and endanger your life is stored-up calories. To lose weight, you must burn those calories off faster than you store them. To do this, Dr. Stillman utilizes a process which he calls Specific Dynamic Action. The powerful incentive for this process is best told by Dr. Stillman himself:

"When I was 40 years old, I suffered a massive heart attack. The first step was to get rid of 55 destructive pounds, starting instantly. I was out of borrowed time.

"So to save my own life, I created a program based on interaction of certain foods within the body. The suffocating fat 'melted' off in a hurry... and I've kept it off." At this writing, 38 years later at age 78, Dr. Stillman has never stopped seeking ways to improve methods of diet.

How and Why SDA Works

This new program involves a liberal diet which even incorporates special bread, buns, cake, and, believe it or not, alcoholic drinks, and miraculously reduces you in 14 days! The approach is simple. Through charts and complete directions, you follow a plan where foods you eat work on each other to literally "waste" calories. This is Specific Dynamic Action. As long as you diet so that SDA can work, your body burns up calories faster than it can store them... automatically!

One delighted lady who dropped 22 pounds in 2 weeks with Dr. Stillman's methods wrote "This is the diet I've been looking for during all my overweight years!"

With his "miraculous" formula, SDA—Specific Dynamic Action—you'll ignite a mechanism that burns off calories—fuel it with delicious foods (and drinks)...And...trim your body dramatically in an entirely new weight loss program—reduce as you watch TV.

Dr. Stillman Asks "Do you know the truth about diets?"

Is it necessary to stay on a diet forever? No. With Dr. Stillman's diet you reduce marvelously in just 14 days and once you are slimmed down, maintain ideal weight eating "as usual" under his guidance, to stay beautifully slim for the rest of your life!

Is it true "fat-burning" diets enable you to eat everything? With so-called "fat-burning" diets, you may lose several pounds at first, then you are likely to gain and eventually weigh more than when you started—while your cholesterol starts going up dangerously.

Should diets prevent you from snacking? No. Dr. Stillman's diet has a very effective way to snack, in fact, he even advocates it.

Read These Amazing True Stories

From a professional man: "I set out to shed a lot of my 262 pounds. I was enormously successful. I got down to 155 pounds in a remarkably short period."

An elderly woman: "When I went on your diet I weighed 195 pounds. I lost so much weight that I can wear the clothes I want, 8 sizes less."

A bright young woman: "I've been miserable for 17 years carrying 25 extra pounds. At the birth of my second child I was 45 pounds overweight. Through your diet I am now down to between 105 and 110 pounds. I am 5'3".

Why Dr. Stillman Knows His 14-Day Plan Will Work For You

1. Dr. Stillman has seen fads come and go. He knows what will work. Under his guidance you develop a diet program that works specifically for you... and through SDA actually control the rate of weight loss.

2. You measure your dramatic weight loss daily. You take no pills, no medicines, count no calories (although calories do count). And you're eating delicious, nutritious foods.

3. Dr. Stillman even tells you how to firm your body and trim off up to 6 inches around your midsection on your 14-day program.

Everything You need to Lose Weight in This Simple 14-Day Program

How to turn on the SDA in your system instantly and start burning calories right away. (P. 60)

A three-word formula that instantly turns off your desire to eat. (P. 2)

The secret of people who commonly live over a hundred years is contained in this program. (P. 32)

How you can speed up the calories burning process by "snacking." (P. 59)

42 of the best meals you've ever eaten for the entire 14-day weight loss period. (P. 111-124)

How to break a weight-resistance level in just one day. (P. 128)

Once you start Dr. Stillman's diet you will find that:

1. You stay on this diet only 14 days and prove that you never need to be overweight again.

2. You won't be hungry... you will lose weight, attain your ideal weight faster than you thought possible.

3. You'll not only lose weight, look slimmer, but you'll guarantee yourself a better chance for a healthier, longer life.

No-Risk Trial with the Book That Could Change Your Life—Order Now

Order this stimulating book now. Just think, after you receive it, you can have lost up to 25 pounds or more, be feeling better and happier than you ever have in all your life or return it after 14 days for full money back. Dr. Stillman promises you a miracle, he will not let you down.

Money Back Guarantee

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Please send me _____ copies of Dr. Stillman's 14-Day Shape Up Program, in hard cover first edition. I may read it and try the diet for 14 days. If I do not reach my weight goal and trim inches off my body, and I'm not absolutely delighted, you will refund full purchase price.

Enclosed is _____ (\$7.95 per copy postpaid)

Name _____

Street _____ Apt. # _____

City _____ State _____ Zip _____

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