

# Popular Educational Food Campaign

**Free: Four Booklets Which Have Taught Many People to Cure Themselves.**

A university student writes from Lincoln, Nebraska:

"I have confidence in this system. It has relieved an unsightly skin and mental inertia through the valuable suggestions and hints in your four booklets. There is a mine of practical hints in them; enough to convince a sceptic were he to stick to the rules faithfully and give it a trial.

"Your little books eliminated chronic catarrh from my system in about three weeks. *To put it weakly, I was astonished.* I know now, that butter, eggs and rich cream caused the trouble. I thank you for your knowledge and hope to learn more of your system in the future."

## Different Classes of Foods Cause Different Diseases.

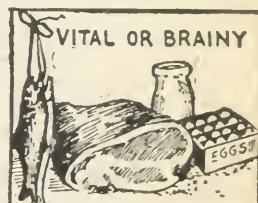
I have produced in myself *at will* from time to time such complaints as rheumatism, catarrh, fevers, kidney trouble, blackheads, sores, dan-

druff, etc., by eating different classes of foods to excess, proving that the waste from each class of foods produces an entirely different disease. For instance, eggs, cream, butter, cheese, milk and salt are mucus-

making foods which produce catarrh. Starch and eggs (paste-making foods) in wrong combinations congest and produce headache, dullness, brain fog, etc., while lean meats, green vegetables, and fresh, juicy fruits do not.



G. H. Brinkler, Food Expert



**NO FOODS SOLD  
NO FASTING  
NO EXERCISES**

A thin man, after being out of work nearly a year through sickness, was restored in three weeks to hard work as a carter at full pay. In such cases the change from a clogging, mucus-producing diet to energizing foods caused a literal transformation.

Another patient, deaf in the right ear, owing to a discharge caused by an excess of mucus-making foods (cream, butter, cheese, etc.), was completely cured of deafness and catarrh by using correct combinations of suitable foods.

A case of kidney and bladder trouble of ten years' standing was saved from a surgical operation, and the objectionable discharge cured within ten days, because the loss of control was due entirely to the constant irritation from certain irritating foods and drinks.

## Brainy Diet

A chronic sufferer, weighing 415 pounds, unable to exercise, took correct combinations of ordinary daily foods and reduced over 150 pounds (in public life, under many witnesses) gained strength with firmer flesh, and lost rheumatism.

## Correct Combinations of Foods Cure Diseases.

I have always cured the above-named symptoms in a few days or weeks by returning to a correctly combined diet. The experiments have been fascinating and the results underlie success in life.

## People Write :

"My brain power and general efficiency have been about doubled this year by selecting brainy foods. I have made a fortune in real estate and the credit is honestly yours."

"The government should investigate and teach the Brainy Diet System for the good of the nation."

"The hints in Booklet No. III, on foods for curing congested liver, nourishing the brain, etc., are worth untold dollars, although the books are free."

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|------------------------------|----------------------|
| (1) Test of Brainy Diet      | (3) Effects of Foods |
| (2) Diet <i>versus</i> Drugs | (4) Key to Longevity |

Send 10 Cents for Mailing  
Send Addresses of Your Sick Friends

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