

Doctor Reports New "Miracle" Diet Cures Arthritis

In most cases . . . ends pain, heat and swelling in joints in three to ten days . . . restores normal bone structure in three to six months.

Hundreds of arthritis victims who were resigned to a life of agonizing pain are now enjoying pain-free motion once again—thanks to a new "miracle" diet, says its discoverer, Dr. Giraud W. Campbell.

Dr. Campbell reports from his tests that in case after case, this totally safe and natural diet . . .

- Eases heat and swelling in affected joints within three to ten days.
- Relieves pain—and in most cases eliminates pain entirely—in two weeks or less.
- Allows more normal movement of affected parts in three weeks or less.
- Restores damaged bone structure in most cases in three to six months.

"It has not mattered whether these patients were old or young," Dr. Campbell says. "It has not mattered in what part of the body they had arthritis . . . It has not mattered whether the doctor who referred them to me said it was caused by an infection, or what type of arthritis they had . . . It has not mattered whether they were still getting around or whether they were bedridden . . . It has not mattered whether they had arthritis for six months, six years, or longer. . . . Their arthritis was in most cases cured and yours may be, too.

"Despite all you may have been told," Dr. Campbell explains, "bones and joints are not always permanently damaged even when ravished by a decade or more of crippling arthritis and even when you are in the so-called golden years.

"Arthritis can be cured. Legs do strengthen. Hips recover. Knees return to normal. Fingers improve. Backs straighten. My files are full of case histories that read like miracles."

X-rays show case after case of proven bone restoration

"I showed a medical colleague of mine X-rays to prove my diet can improve the bone structure in arthritis," Dr. Campbell continues. "He examined them with genuine amazement. He was looking at proof that kneecaps were un-fusing themselves, compressed vertebrae were regenerating, bony overgrowth was being reduced and its proliferation checked and absorbed."

How Dr. Campbell's arthritis cure works

"Nature wants you to function per-

fectly," says Dr. Campbell. "Nature renews tissues, heals wounds, repairs organs. And nature restores bones and joints . . . if you let her."

But how do you "let her?"

Dr. Campbell states flatly that diet is the key.

He has developed a diet that, he states, eliminates arthritis-causing chemicals from the body.

"Many foods," he says "contain powerful medicines which may cause or aggravate your arthritis. For instance, chicken or beef may have had medicines injected in the creature for faster growth and for greater resistance to microbes.

"You think you are enjoying finger-licking good chicken or tender roast beef, but what you are really enjoying may be an indirect dose of stilbestrol, arsenic, or aureomycin."

The "price" of an arthritis cure

To rid themselves of these and other arthritis-causing poisons, Dr. Campbell's patients must follow a strict regimen. They must give up certain foods that they may have been eating all their lives—and replace them with "arthritis-curing" foods they may not have eaten before. In addition, Dr. Campbell's patients must devote a few minutes a day to simple exercises aimed at accelerating neuromuscular and joint restoration.

But those people who are willing to pay the price of cure and follow the diet may in most cases "expect a miracle," Dr. Campbell promises.

"Expect your pain to start diminishing from the start of the diet," he says. "Expect no need for aspirin or other pain relievers in a week or ten days . . . expect continuing improvement in your joint mobility . . . expect a gradual restoration of damaged bone . . . expect your return to normal life without arthritic pain."

There is only one exception. "I confess right here and now," Dr. Campbell states, "that I cannot help those who have had extensive gold treatments and who have undergone blood changes because of extended drug or chemical treatment."

However, while no one can guarantee relief or cure in all cases, Dr. Campbell says his files are filled with case histories of people who have obtained welcome relief even after drug therapy.

Indeed, a number of letters written by former arthritis sufferers who have tried various treatments reveal compelling evidence in support of Dr. Campbell's diet.

"It was like a miracle."

Mrs. H. G. was virtually incapacitated with arthritis. She writes: "I had been in an auto accident which affected my spine and caused chronic arthritis. I couldn't raise my arms without severe pain; combing my hair was almost impossible. Doctors gave me up to 24 aspirins per day, traction, hydrotherapy, sonic ray therapy and physiotherapy. It was at this time that I began treatment with Dr. Campbell . . . After treatment started, I felt a tremendous improvement in seven days. Within two weeks the brace was off and I felt better. I was able to raise my arms upward. It was like a miracle."

Spine healed

Mr. F. S., an army veteran from Roslyn, N.Y., tells this story: "I was discharged from the Army in 1945. Shortly thereafter, I began to experience pains in my lower back and the disease became steadily worse. I became more crippled. My spine, at this time, had practically fused solid. Pain . . . was continuous, day and night, with no relief. At this point I heard of Dr. Giraud Campbell. To my amazement within two weeks, the pain decreased at least 50%. I was able to walk



X-RAYS PROVE BONE RESTORATION POSSIBLE IN ARTHRITIS

This dramatic set of X-rays shows amazing progress in the restoration of the bone structure in a knee damaged by arthritis. X-ray Number 1, on left, taken at the start of Dr. Campbell's treatment, shows lack of joint space due to bony overgrowth, making normal pain-free motion impossible. X-ray Number 2, on right, taken after treatment, reveals that bony overgrowth has disappeared and there is greater joint space. Normal motion is now possible.

better. I only wish I had come under Dr. Campbell's care . . . when the disease first started."

Pain gone in three weeks

Mr. J. K. of Rockaway Beach, N.Y., writes this thankful letter: "Three years ago, maybe four, I started to get pains in my arms and fingers. As time went on 12 aspirins a day didn't make any impression. Other medications were tried with no effect, so finally I decided to enter a hospital. They told me nothing could be done. I just had to live with it. All these symptoms were completely cleared up in a very short time after I started getting treatments from Dr. Campbell. It was fantastic! Within three weeks, the pain had left my shoulders, arm, and hands."

Inflammation vanishes in three days

And Mrs. H. M. of Summit, N.J., a 10-year sufferer of the disease, writes: "I first felt less free motion of my spine that gradually aggravated. On and off I had inflammation in my spine, and finally . . . I began to notice some deformity in my spine. The lower back pain came more often. All these years I had been seeing specialists who couldn't help me a bit. I learned about Dr. Campbell . . . After three days my inflammation of the spine was gone completely . . . I can now establish motion in most of my joints in the spine."

How to find out more about Dr. Campbell's anti-arthritis diet

Details of Dr. Campbell's anti-arthritis diet are now available for the first time in a book. It's called A DOCTOR'S PROVEN NEW HOME CURE FOR ARTHRITIS. In it Dr. Campbell tells you in simple, easy-to-understand language how you too may be cured of this previously incurable disease at home, right "in your own kitchen and on your own dining room table at no expense."

The book gives you complete details on Dr. Campbell's "Seven-Day Program to End Arthritic Pain and Regain Normal Use of Joints." You'll discover how this special 7-day diet works to alleviate the pain, heat and swelling in arthritic joints almost immediately. And you'll be delighted to learn why this diet will not harm any pre-existing conditions you might have such as a gall bladder ailment, ulcer, or colitis—and in fact, will actually help them to correct themselves too.

The book tells you what foods to eat—there are 160 favorites—and what foods to avoid in order to keep yourself

DR. GIRAUD W. CAMPBELL

Dr. Giraud W. Campbell is a graduate of the Philadelphia College of Osteopathic Medicine, Class of 1931. He has practiced for over 40 years in New York State. He was one of the founders of the Long Island Osteopathic Society, and he is a member of several leading professional groups. He has been involved with nutritional and laboratory research in arthritis for over 30 years.



Medical doctor Benjamin S. Frank, speaking of Dr. Campbell's work, writes in the Foreword to A DOCTOR'S PROVEN NEW HOME CURE FOR ARTHRITIS, "Dr. Campbell's advice and therapy in the treatment of arthritis with an essentially natural method is welcome indeed. His success with this method has been truly remarkable."

free of arthritis. It even gives you complete daily menus for breakfast, lunch and supper for the first 7 days of the diet, plus 50 more easy-to-prepare, mouth-watering recipes. It also tells you about 3 important food supplements that can help speed your recovery.

The book also gives you Dr. Campbell's "10 commandments" for arthritis-free dining . . . it shows you 4 ways to take the load off rejuvenating bones and joints . . . it gives you complete directions on how to spend ten fun-filled minutes a day to regain the lost movements of your body . . . and more.

Examine a copy of A DOCTOR'S PROVEN NEW HOME CURE FOR ARTHRITIS for 30 days—at no risk

A DOCTOR'S PROVEN NEW HOME CURE FOR ARTHRITIS may be of tremendous importance to you or a loved one. It can show you how the blessings of a cure from arthritis—freedom from pain, heat, swelling and deformity—can be yours once again, no matter your age and no matter how long you have suffered from arthritis.

A DOCTOR'S PROVEN NEW HOME CURE FROM ARTHRITIS is now available on a 30-day, no-risk trial basis. You may send for your copy by returning the coupon. If you are not convinced that this is the most important book on arthritis you have ever read—a book that may show you or a loved one how to enjoy absolutely pain-free living and an arthritis-free life—return it at once and the publisher will promptly issue a complete refund, no questions asked.

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Gentlemen: Please send me a copy of A DOCTOR'S PROVEN NEW HOME CURE FOR ARTHRITIS by Dr. Giraud Campbell. I enclose \$10.95 plus \$2 postage & handling. I may examine this book for a full 30 days or return it for prompt refund of purchase price.

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ASTOUNDING CASE HISTORIES

In Dr. Campbell's book, A DOCTOR'S PROVEN NEW HOME CURE FOR ARTHRITIS, you'll find remarkable case histories and before-and-after X-rays that will convince you of the effectiveness of this diet.

You'll read how a mother, bedridden for months because of her arthritis, can do housework again . . . an engineer, on crutches for a year, tosses them aside after three weeks . . . a grandmother, previously crippled, discards her wheelchair. Here are some more examples . . .

• A 13-year sufferer of Marie Strumpell's Disease (osteoarthritis) walks erect again (page 24).

• A 60-year-old housewife helps out in her husband's business again after only one month of treatment, amazing the doctor who told her she would eventually end up in a wheelchair (page 171).

• A 40-year-old businesswoman finds relief from constant arthritic pain in only 10 days of treatment—after having spent more than 9 years of almost totally useless drug treatments (page 181).

• A great-grandmother, once totally bedridden with severe pain from rheumatoid arthritis, can once again walk up and down stairs, dine out, visit friends, and go shopping (page 22).

• And much more.

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