

WEIGHT LOSS SUCCESS

Over 2 1/2 Million Pounds Lost!
Success Guaranteed Or Your Money Back!

Hollywood Stars' Secret Now Available To The Public! The Easy, Healthy, Supercharged Jump-Start For Anyone Who Wants to Lose Weight FAST!
Start The Aspen Wellness 7-Day Diet On Sunday, And...

You Will Lose 5 to 10 Pounds of Stubborn Weight In Just 14 Days!

- ◆ Complete 7-Day Program Including All Your Food And Much More!
- ◆ Real, Delicious Food! No Drugs, Pills or Shakes!
- ◆ Easy! Just Add Water and Cook For 5 Minutes. You Never Count Calories or Fats!
- ◆ Works For Everyone! Even Former "Diet Failures" and People Who Love To Eat!



AS SEEN ON
TV!
Over 250,000 Sold!

2-Time Indy 500 Champ, Emerson Fittipaldi



"I recommend it very strongly to my friends, family and everyone else who wants to lose weight quickly and easily. It's going to change their life. I lost 10 lbs."

3-Time Emmy Award Winner, Kim Zimmer



"If you've been struggling with your weight, this is a dream come true. In just 1 week you can lose as much as 15 lbs. I've seen it happen. The price is right, the food is great, the results are fantastic!"

30 DAY MONEY-BACK GUARANTEE!

"Finally A Fast, Easy, Proven Way To The Body Of Your Dreams!"

Fat-Ending Secret Now Available And Affordable To The General Public!

For over 10 years, Hollywood's rich and famous have visited the Aspen Wellness Center.

These people can afford any program they want, but they chose the Aspen Wellness Program. Share the weight loss secrets chosen and used by hundreds of people in-the-know.

Now you can enjoy the same fast, safe, natural weight-loss program from the comfort of your own home. You'll learn the same relaxation techniques ... get the same motivational support ... even eat the same food!

MONEY-BACK GUARANTEE

Our guarantee is simple: If you are dissatisfied for any reason, simply return any unused portion within 30 days. We'll credit your charge or issue a refund immediately (less shipping & handling). No hassles, and no delays.

Everything You Need To Lose Weight Without Hardly Trying

With The Aspen Wellness 7-Day Diet, you'll get everything you need, in one complete package, to make your weight-loss dreams a reality.

Naturally, the first thing you think about when contemplating a diet is the food. Not only **WHAT** you'll eat, but what **HASSLES** you'll have to go through to prepare it -- measuring and weighing and trimming.



Forget all that with this plan. And forget about "fad" diets that try to convince you to live on grapefruit or rice or high protein or high carbohydrates.

You get 3 delicious weight-loss meals for each of the 7 days included right with your Aspen Wellness 7-Day diet. **NOT** recipes. **NOT** shopping lists. **NOT** complicated instructions. 21 tasty and satisfying meals. There's nothing extra to buy, and virtually nothing to do.



These are complete and wholesome dishes created by a gourmet chef. They use the same natural ingredients you would use if you had the time, like ... juicy corn; red ripe tomatoes; crisp bell peppers; zesty garlic and fresh, natural grain pasta. All you do is add boiling water, and enjoy!

Forget about hunger on the Aspen Wellness 7-Day Diet! You'll look forward to dining on delights like Italian Pasta, Mexican Fiesta Rice, Curry Sunrise, Southwestern Chile, Colorado Quinoa, Oriental Noodle, Jambalaya and much more! Each meal is completely natural with no chemicals or preservatives. They're low in fat, low in sodium and cholesterol-free ... but **BIG** in mouthwatering taste.

"You Can Easily Lose 5 ... 10 ... Up To 15 Pounds In Just 7 Days!"

Introducing The Easy, No-Hassle, No-Excuses Way To Launch Yourself Toward Your Permanent Weight-Loss Goals!

If you've ever tried losing weight using one of the hundreds of ordinary diet programs available, you know how difficult it can be. In fact, many people who sincerely, even desperately, want to lose weight have NEVER been successful.

But all that's about to change!

Now, no matter how many times you've tried before ... no matter how much weight you have to lose ... no matter how sluggish your metabolism ...
YOU WILL LOSE 5, 10 EVEN 15 POUNDS IN

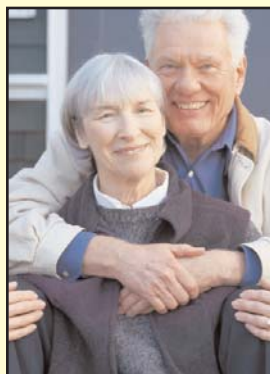
JUST 7 DAYS!

Over 250,000 former overweight people, including Hollywood celebrities, (see box on page 2) prove that The Aspen Wellness 7-Day diet is the easy, safe, and natural way lose 5 or 10 to 15 pounds in one week. Now you can join them!

I lost 15 pounds in just 7 days ... how can you beat that? -
-Teacher, NC

The Aspen Wellness 7-Day Diet provides 100% of the food, motivation and support you need to turn your body into a fat-burning machine. Your body will have no choice but to naturally eliminate 5 or 10 to 15 pounds of stubborn weight in just 7 days.

Best of all, The Aspen Wellness 7-Day Diet eliminates ALL of the normal hassles and excuses that make ordinary diets so difficult. Because the



A Personal Message From the Aspen Wellness Group

"Your Health Is Our Concern"

Dear Friend,

When you're overweight, even by just 5 or 10 pounds, your body simply can't function at peak capacity. And when your body isn't operating right, your health won't be right. Losing weight is the most important gift you can give yourself. It will rejuvenate your entire body and make you feel healthier and happier.

We know that losing weight is not easy. Many people try, and most fail. But we have found that most people fail simply because it normally takes too long to see any results. That's why we developed the Aspen 7-Day Diet. It gives you an incredible jump-start on your weight loss program so you see dramatic results fast ... and have the incentive to keep going and know the wonderful feeling of total wellness.

Yes, we are confident you will lose no matter what plans you've tried before. You will now have the power to succeed because our plan is not just a diet, but a whole mind/body transformation that has already worked for over 250,000 people. Plus we've made it unbelievably easy.

There's NO shopping. NO long cooking. NO shakes. NOTHING to mix. If you can boil water, this program will have the pounds falling off within one week. We've included EVERYTHING ... including delicious, nutritious meals ... so you lose 5 to 10 or 15 pounds *LIGHTNING FAST!*

Gary Smith

Nancy Meze

"I tried the Aspen Wellness Diet. I find it's effective. I think it is a safe and healthy thing to do." -- C. Schiller, M.D.

“You Will Burn Off Body Fat Hour-by-Hour, Plus Gain Energy & Stamina!”

program is so easy, you stick with it and lose. There's...

- NO shopping or special food to buy
- NO long cooking
- NO counting calories or fat or anything else
- NO club to join
- NO meetings to attend
- NO starvation
- NO special exercises

**Not Just A “Diet” --
A Mind/Body Transformation That
Helps Keep Fat, Pounds and Inches
Away For Good!**

OK, so the food is easy and delicious. But we also know that if all you get is a “diet” you’re not likely to have any more lasting success than in the



past. That’s why the Aspen Wellness 7-Day Diet gives you much more than just good food.

For starters, there’s an informative “Getting Started” video tape. Here’s where you’ll get to meet Gary and Nancy and learn all about the 7-Day program.

In addition, there are two audio tapes. On the first, called “7 Days & Beyond”, Gary Smith leads you in detail through the 7-Day Diet Program and motivates you to reach all your goals.

On the second tape, Gary teaches you simple relaxation techniques that not only reduce stress and anxiety to make you feel better, they help you completely overcome your cravings for food.

With all this audio and video help, you’ll be motivated and well-prepared to lose all the weight you need. In fact, these personable tapes make you feel like you’re right there in Aspen getting personal coaching on a private weight-loss retreat... only for thousands of dollars less!

Shop Smart and Eat Smart: Beyond The 7-Day Diet

In the 7 days you’re on this program you will lose 5, 10 even 15 pounds. But that’s just a start. With your new motivation and training, you will be successful in losing -- and keeping off -- all the weight you want, long after your 7-days are over.

To help make sure that happens, you’ll receive a detailed plan showing you how to shop and eat “normally” after the diet.

In the “Shop Smart” section, you’ll discover secrets like:

- How to avoid bad snacks
- What to do with “junk” food
- The right way to use product ingredient labels
- Dozens of “good” foods right at your local

Works Magic For “Diet Failures”!

- **Even people who have struggled with weight their whole life slim-down fast!**
- **Speeds up your body’s natural fat-burning rate**
- **Over 2.5 million pounds lost already!**

“I’ve struggled with excess weight my whole life, and I’ve tried almost every plan known to man. Nothing worked. I was a depressed diet failure. Then a friend suggested I try the Aspen Wellness 7-Day Diet. Now I’ve been at my goal weight for over a year, and happy as can be!”
N.C. NY

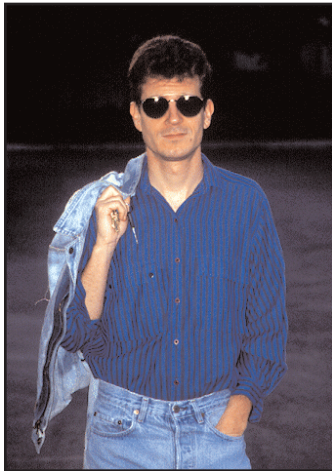


“Destroy The ‘Food/Emotions’ Link That Keeps You Overweight!”

grocery

In the “Eat Smart” guide you’ll learn how to lose weight even when eating out. Discover tips like:

- Why you SHOULD eat out as often as you desire
- The best foods to choose and why
- The one seasoning you must avoid (Hint: it’s NOT salt)
- Eat just about anything as long as it is free of these 3 fat-builders
- Plus there’s a complete recipe section.



Together, in one short week, these programs combine to literally destroy the lifelong food/emotions link that caused you to become overweight in the first place. The result: you can continue on to your weight loss goal with the knowledge and confidence that all obstacles have been removed!

You’ll Feel Your Body Becoming Slimmer and Sexier Day By Day. You’ll Become More Trim, Firm, Beautifully Fashionable.

The beauty of this program is that it works fast and keeps you motivated. Every part of your being -- mental, emotional and physical -- will feel wonderful.

You will see positive results almost immediately on the Aspen Wellness 7-Day Diet.

Every day, as the pounds and inches melt off, you’ll also gain energy, excitement, and anticipation that you will be successful in losing all the weight you want.

You’ll not only look better, but your whole body will feel better. Instead of feeling hungry, depressed and deprived, as on other diets, you’ll feel energized, renewed and full of confidence.

Imagine ...

-- This Monday you start the work-week in a size 16 ...

...by next Monday you’re in a brand new size 12 or 14!

-- Today you search desperately through your closet for just one thing that isn’t too tight ...

...one week from now you have your pick of your entire wardrobe!

-- Today you’re depressed about your weight ...

...within 7 days, you’re ecstatic and proud having lost up to 15 pounds on your way to a whole new you!

Don’t Make The Most Costly Mistake Of Your Life!

How many times have you wanted to lose weight, tried it for a few days, and ended up quitting because it didn’t look like you were making any progress? It’s happened to us all! Most diet plans are just too hard to endure the starvation and deprivation without having anything to show for it.

That’s why the Aspen Wellness 7-Day Diet is so much better. Not only is it so easy you don’t feel like you’re dieting, it works FAST -- in just 7 days!

So don’t quit. Don’t make the biggest mistake of your life. Don’t let fear or skepticism keep you from losing 5, 10 even 15 pounds in one week. Mail the Order Form on page 7, or Call Toll Free 1-800-000-0000. But do it now!



“Powerful Relaxation and Motivation Tapes Make It Easy To Lose Weight For Good!”

**Over 2 1/2 Million Pounds Lost
By People Already!
Now Available And Affordable To YOU!**

Thousands of people, including stars and celebrities have gladly paid thousands of dollars to come to Aspen and experience this life-changing program.

Now you can experience the same motivation, the same techniques ... even the same food ... and lose up to 15 pounds in one week. For less than \$12.00 a day you'll receive all of the following:

- ♦ 21 Delicious Meals
- ♦ 14 Special Herb Teas
- ♦ 30-minute “Getting Started” Video
- ♦ Motivational Audio Tape
- ♦ Relaxation Audio Tape
- ♦ “7 Days & Beyond” Booklet Which Includes:
 1. “Shop-Smart” Guide
 2. “Eat-Smart” Guide
 3. Mind/Body Tips
 4. Diary & Recipe Booklet

Here's The Best Part: Our Money-Back Guarantee!

I know there are a lot of so-called diets out there that promise you the moon. And I know they've probably failed you in the past. That's why I don't blame you for being skeptical.

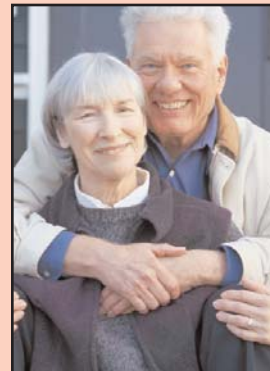
We're so sure you'll be ecstatic with this weight loss plan that ...

If you're not absolutely thrilled with your Aspen Wellness 7-Day Diet for any reason, just return the unused portion within 30 days. We'll refund or credit your charge account every penny you paid. No hassles. No delay. No questions asked. You will love this program, or it costs you NOTHING! (Shipping & handling not included.)

Reply Right Now And Get Started On Your Road To A New, Slimmer You!

NOW is the time to get started! Mail your No-Risk Order Form today, and I'll rush out your 7-Day Diet Program. You can be on your way to the body of your dreams... 5, 10 or 15 pounds lighter ... in just one week!

***Meet Gary Smith and
Nancy Meze -- Founders
of The Aspen Group and
the Aspen Wellness
7-Day Diet***



Gary Smith -- Co-founder of The Aspen Wellness Group. Gary has extensive background in oriental healthcare techniques and western fitness and dietary regimens. He has appeared in magazines and on TV both in the U.S. and abroad. He is a highly sought-after motivational speaker.

Nancy Meze -- Co-founder of The Aspen Wellness Group. Nancy has worked for 15 years as a consultant in the natural foods industry. She currently maintains a busy consulting practice providing private instruction in healthy cooking and natural product development.

“Even People With A Stubborn, Life-Long Weight Problem And Slow Metabolism Are Losing Weight Like Crazy. You Can Too!”

“If I can do it anyone can do it. I’ve got energy. I lost 15 pounds in just 7 days. I mean the results speak for themselves. How can you beat that?” -- O.O’Farrell

“I recommend it very strongly to my friends, family and everyone else who wants to lose weight quickly and easily. It’s going to change their life. I lost 10 lbs.” -- Emerson Fittipaldi

“If you’ve been struggling with your weight, this is a dream come true. In just 1 week you can lose as much as 15 lbs. I’ve seen it happen. The price is right, the food is great, the results are fantastic.” -- Kim Zimmer

“I tried the Aspen Wellness Diet. I find it’s effective. I think it is a safe and healthy thing to do.” -- C. Schiller, M.D.

Look At All You Get!

- ◆ 21 Delicious Meals
- ◆ 14 Special Herb Teas
- ◆ 30-minute “Getting Started” Video
- ◆ Motivational Audio Tape
- ◆ Relaxation Audio Tape
- ◆ “Shop-Smart” Guide
- ◆ “Eat-Smart” Guide
- ◆ Mind/Body Tips
- ◆ Diary & Recipe Booklet

MONEY-BACK GUARANTEE

Our guarantee is simple: If you are dissatisfied for any reason, simply return any unused portion within 30 days. We’ll credit your charge or issue a refund immediately less shipping & handling.
No hassles, and no delays.

▼ **Act NOW To Change Your Life!** ▼

ASPEN WELLNESS WEIGHT-LOSS ORDER FORM

YES! I want to lose 5 to 10 or 15 pounds in 7 days!

\$400 Value!
Includes all your food for less than \$13 a day!

Please rush me the Aspen Wellness 7-Day Diet and any additional synergy vitamins marked at right. I understand that if I am dissatisfied for any reason, I will return any unused portion within 30 days for a full refund less shipping & handling.

Name: _____
Address: _____
City: _____
State: _____ Zip _____

Qty	Product	Price	Total
	Complete 7-Day Wellness Diet	\$89.85 (plus \$11.95 s/h)	
Order The Following In Addition To Your Diet Purchase: (Cannot be ordered separately)			
	Additional 7-Day's Food & Tea	\$69.85	
	30- Day's Synergy Vitamin	\$19.95 (plus \$2.00 s/h)	
	CT residents add 6% sales tax		
	Add \$8.25 plus s/h per diet for rush delivery		
TOTAL			

METHOD OF PAYMENT

- My check or money order is enclosed.
 Charge my credit card:
 VISA MasterCard AMEX Discover

Card No. _____
Expiration Date ____/____/____
Signature _____

Make Check Payable To: The Aspen Wellness Group, 6905 W. Charleston, Las Vegas, NV 89117

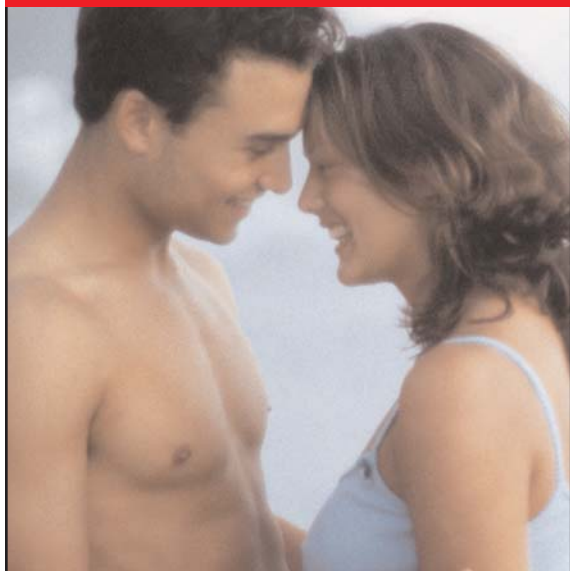
For Fastest Service On Credit Card Orders
24 HOURS A DAY, 7 DAYS A WEEK
Call Toll FREE 1-800-866-4367



*"It's a Dream
Come True!"*
Kim Zimmer, 3-
time Emmy
Award Winner

Lose 5 to 10 or 15 Pounds In 7 Days! Weight Loss Has Never Been Easier!

Hollywood Stars' Secret Will
Change Your Life Too -- **GUARANTEED!**



- ◆ Reach Any Weight-Loss Goal You Want With This Fast, Easy, 7-Day Jump-Start!
- ◆ Now You Will Burn Off Body Fat Hour-by-Hour!
- ◆ You Won't Even Feel Like You're Dieting!
- ◆ Results Will Amaze You! Act Now To Change Your Life!

WARNING! WARNING! WARNING! WARNING!

WEIGHT-LOSS DRUGS ARE DANGEROUS! THEY CAN HARM YOU!



If you've seen the news lately, you know that people have **DIED** taking the latest fad in prescription medications for losing weight.
YOU DON'T HAVE TO RISK YOUR LIFE!

The Aspen Wellness 7-Day Diet is safe, nourishing and all natural. You will safely lose more weight than you could with any dangerous chemicals. See inside to learn how YOU can safely lose 5 or 10 to 15 pounds in 7 days with this amazing weight-loss program proven by over 250,000 people, including Hollywood stars.

The Aspen Wellness Group, Connecticut
2138 Berlin Turnpike
Newington, CT 06111

