

Potty Re-Training for Adults over 50

New research on regularity after 50 now show it's critical that you...

- **Stop the fiber madness!** It's making you MORE constipated! See page 4.
- **Say NO to 8 cups of water!** You can't "rehydrate" stuck poo! See page 22.
- **Don't count on probiotics!** Won't work if they're Dead on Arrival in your gut! See page 17.
- **Don't sit on a toilet ever again!** Do this instead... See page 31!
- **MORE must-know info...** INSIDE!



The REAL secret to soft, passable,
No-Pain, No-Strain bowel movements
REVEALED on page 12!

Guaranteed to make you "GO" – or you PAY NOTHING!