

Foreword



Simple pleasures are life's treasures; that's a fact. A cup of coffee with a friend, Sunday dinner with the family, or a quiet afternoon walk—those everyday, ordinary moments that we tend to take for granted in our wildly busy lives are really what's important. Unfortunately, often it isn't until something interferes with those moments that we realize how much we miss them.

That's one of the reasons why, come the first Saturday of every month, I get together with my old friend George for breakfast down at Martha's Diner here in town. We spend an easy hour or so enjoying a great meal and razzing each other about what's going on. It may not seem like much, but it's something I look forward to all month.

On our last visit, however, George just wasn't his usual self: His eyes were bloodshot and rimmed with dark circles, his skin was pale—why, he looked absolutely miserable! He looked so bad that I finally asked him what was going on. He tried to act like it was nothing, but as he sipped his cup of coffee, he finally admitted that his back was acting up again.

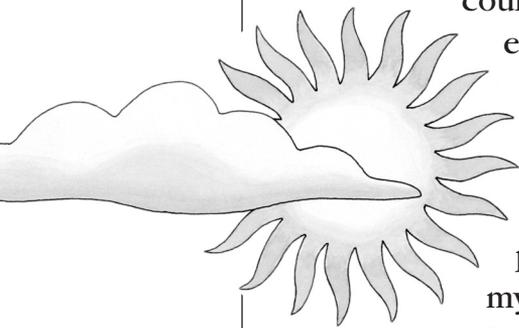
Like a lot of folks, George worked hard during his younger days and had suffered through his share of backaches. Over the

years, he'd gotten used to them. He thought they'd go away when he eased up on his work schedule, but he was wrong. Instead, they had been getting worse, and no matter what his doctor prescribed, it just wasn't doing the trick.

Things had gotten so bad that George had had to cancel his Sunday morning fishing trip with his son. And forget about Wednesday night's bowling league—he couldn't even sleep at night, let alone lift a bowling ball! That Saturday, poor old George was in so much pain that he barely touched the food on his plate before he said goodbye and headed for home.

Well, needless to say, I left the diner with a heavy heart. I tried to forget about George by working in my garden (my favorite form of therapy), when, wouldn't you know it, my Aunt Betty dropped by. I helped her out of the car and onto the porch, then headed inside to get us some iced tea. When I handed Aunt Betty her tea, I watched in horror as she gulped down a couple of pain pills that were big enough to choke a horse! When I asked her what the heck she was taking them for, she told me that her hip just wasn't up to the trip. As a matter of fact, she added, these days her hip wasn't up to much of anything. Instead of taking her customary evening strolls, she sat for an hour on her porch. Her yard was a mess, and she couldn't even stand up in the kitchen long enough to cook dinner. On top of all that, the medication she was taking was wreaking havoc on her stomach!

Talking to George and Aunt Betty got me thinking about all of the miserable aches and pains that so many folks have to deal with, myself included. There's still nothing like a bright, sunny day to lure me outdoors, but these days, a few strenuous minutes in the spring are enough to send me and my aching knees right back inside. It seems that all those years of planting and weeding have finally caught up



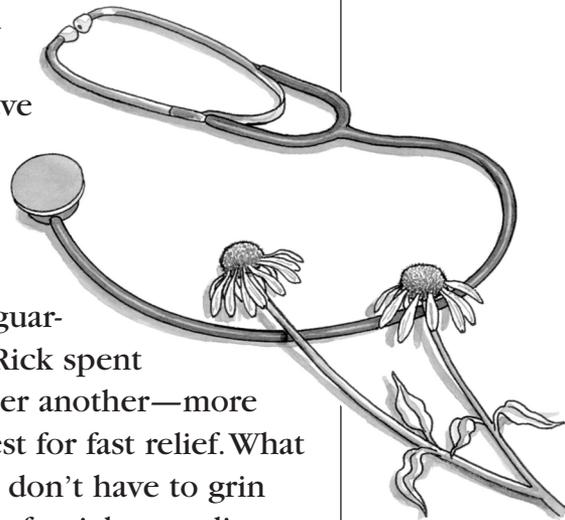
with me. What started out as a little morning stiffness every now and then has turned into a whole lot of throbbing pain. Now don't get me wrong—I wouldn't trade a minute of those thousands of happy hours I've spent working in the garden. But all this pain is ridiculous!

Finally, I said enough is enough. Between George's back, Aunt Betty's hip, and my old gardener's knees, I figured it was time to find out what could stop the pain. I asked my friend Rick Chillot to check out what pain experts have to offer besides surgery, medications, and a whole lot of misery.

Rick's a former editor at a major health magazine, and if he doesn't know what to do about something, well then, I guarantee that he knows a doctor who does! Rick spent more than a year talking to one doctor after another—more than 85 in all—finding out what works best for fast relief. What he discovered is that if you're in pain, you don't have to grin and bear it any more! There are hundreds of quick remedies and easy tricks to get rid of pain—whether it's from an aching back, a hurting hip, creaky knees, or a good, old-fashioned pain in the you-know-where!

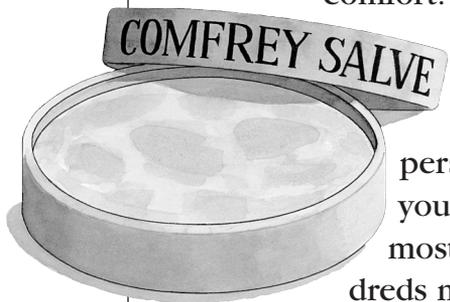
Now, everyone knows that I can't keep a secret, and there's no way I could keep quiet about all the *amazing* remedies Rick uncovered. So we worked hard to put all those powerful pain pulverizers into this fantastic book.

When it comes to pain, we've covered just about everything—from the top of your head to the tips of your toes—in nine relief-packed sections that'll help stop the hurt in your head, arms, legs, chest, stomach, and places I don't care to discuss in front of my grandchildren. And to be complete, we didn't forget about those all-around aches such as flu, sore muscles, and tendinitis. Inside, you'll discover how to get rapid



relief from more than 100 different painful ailments.

In addition to all the great remedies, we've added a bunch of terrific tips in some fabulous features. If you're looking for a tasty tea to heal your hurts, look for a "Cup of Comfort" that'll put the brakes on your aches. For the therapeutic power of massage, there's "Healing Hands" to relax you and ease your discomfort. Then there's a whole host of "Soothing



Salves" to bring relief for everything from arthritis pain and headaches to muscle spasms and tender burns. Plus, there's my personal favorite—"Instant Ahhh..."—where you'll learn the quickest ways to relieve your most awful aches. You'll find all these and hundreds more no-nonsense pain busters right at

your fingertips.

So, the next time you're in pain, don't just head for the medicine cabinet or decide that you simply have to grin and bear it. Instead, talk to a physician about the treasure trove of soothing solutions in this great book and let the doctor help you figure out which ones are just right for you. The hundreds of remarkable remedies inside will help you end your pain-filled misery and start enjoying life's simple pleasures again—just like George, Aunt Betty, and I did!

Jerry Baker