



Foreword

Every summer, I invite the whole neighborhood over for my annual Baker Barbecue and stuff every last one of my neighbors with barbecued short ribs, potato salad, baked beans, coleslaw, watermelon, ice cream, and Grandma Putt’s amazing lemon pound cake. But no sooner had the feeding frenzy died down this year than I noticed my neighbor Jean hunched over with a pained look on her face. I went over to see what was wrong and discovered that she was having terrible pain in her right side. I ran and called 911, and several minutes later, Jean was whisked away in an ambulance.

It turned out that Jean’s pain was nothing more than a little indigestion—thanks to her recent overindulgence in my spicy ribs. She was in the hospital for a few days while the doctors checked her out, but they released her with a prescription for a tummy soother and an admonition not to eat so many ribs at next year’s barbecue.

A few weeks later, when I was out for a walk, I noticed Jean on her front porch—practically in tears. I asked her what was wrong, and she sobbed that the hospital had slapped her with a \$13,000 bill!

Well, excuse me...but \$13,000 for indigestion!? We both thought there had to be some mistake. Jean called the hospital’s accounting department, and much to her dismay, they claimed that every single dime on the invoice was legit. Apparently, she said, that ambulance had just stopped by the



hospital on a one-way trip to the poorhouse!

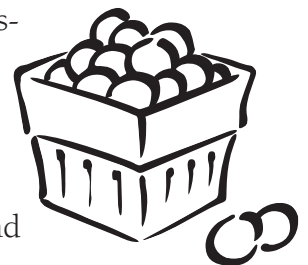
What was poor Jean to do? I decided to head over to my friend George's place to ask his advice. Instead of offering any reassurance, though, George just shuffled off to his office and emerged carrying a fistful of papers. It was a bunch of bills—\$129 for his arthritis medicine, \$93.87 for his cholesterol-lowering medicine, \$90 for his diabetes medicine, \$53 for his stomach-soothing medicine, and \$70.59 for four tiny pills that prevent the bone loss of osteoporosis. I added it up and realized that he was paying \$436.46 for a single month's worth of medicine!

I couldn't believe it.

That's when I decided to call a friend of mine, Matthew Hoffman. Matt has published lots of health books over the years, and I figured if anyone could find ways to save folks from politicians, government bureaucracies, hospital money-men, and big insurance companies, he could. Matthew was more than happy to look into the problem to see what he could find. He spent months tearing into each and every resource he could dig up, and he uncovered a boatload of cost-cutting, health-improving secrets—remedies that can ease hundreds of different ailments while chopping those whopping health care bills down to size.

So we took Matt's research, added some old-fashioned, tried-and-true home remedies from the best of our health books—blockbusters like *Jerry Baker's Amazing Antidotes* and *Jerry Baker's Anti-Pain Plan*—and packed 1,339 cures for more than 105 common ailments and health problems into this book. No matter whether you're aching with arthritis or fighting the flu, have a nagging case of heartburn, or are coping with another common complaint, you'll find fast, fun, easy, and (best of all) cheap ways to ease your discomfort—all at your fingertips! Whether your concern is major health problems like high blood pressure and osteoporosis or more minor complaints like dandruff and nausea, we've got it covered.

Looking for some cut-rate relief? Our "25¢ Specials" and



“\$2 Deals” offer quick-’n-easy treatments that are available for pocket change. Need speed? Our “Fast Fixes” show you the secrets of on-the-spot relief. How about meals that heal? Our “Food Pharmacy” features reveal the healing power of Mother Nature’s finest. And, if you really need serious medical attention, have no fear—“Holler for Help” will point you in the right direction.



Thanks to the amazing advice in this book, George, Jean, and I have been able to cut our crazy medical bills in half. Instead of struggling to keep drug company CEO’s on their sailboats, we’re saving money, feeling healthier, and living the good life again.

So check out the quick, simple, and effective solutions inside, then talk to your doctor about them. If you’re feeling as if you have to choose between taking up residence in the poorhouse and suffering from debilitating aches and pains or the effects of conditions like high cholesterol, arthritis, and diabetes, the hundreds of feel-good secrets in this book can change your life—just like they did for George, Jean, and me!

Jerry Baker



P.S. Worry about health care costs can kill. As this book goes to press, the American Heart Association has just released a study of more than 2,000 people that revealed that those who undergo heart bypass surgery and have to worry about paying their medical bills are twice as likely to die within the next year as people who don’t have that problem. So make sure you’re not one of the ones who need to worry. Talk to your doctor about all the money-saving strategies in this book—and pay close attention to the tips in our chapters on angina, high cholesterol, and high blood pressure. We want to see you in the garden next spring!