

Introduction

Back before stores were stocked with aisles of cough syrups, pain relievers, and supplements, folks relied on home remedies to get well. They didn't rush off to clinics or doctor's offices, but consulted wise women like my Grandma Putt, who used time-tested remedies, no-nonsense treatments, and do-it-yourself cures to set things right.

For instance, I'll never forget the day Grandma and I stopped by Mr. Schuster's roadside stand for some fresh honey. Unfortunately, Mr. Schuster had hurt his back and couldn't even get out of bed, much less tend to his hives. Grandma hated to see him suffer, so she gathered up some thyme, arnica, and willow bark from her garden, and showed Mrs. Schuster how to use 'em to soothe her husband's sore back.

Well, a week later, there was a knock at our door. Mr. Schuster stood there, grinnin' like a kid in a candy store—with a jar of fresh honey in one hand and one of Mrs. Schuster's blackberry pies in the other. He was pain-free and up-and-at-'em again, thanks to Grandma Putt.

After that, we had visitors stopping in with one ailment after another, desperate for relief. There were Mrs. McKinney's migraines, old farmer Benson's arthritis, my classmate Betty Sue's acne, and an assortment of bumps, bruises, rashes, and stings. And you know what? Grandma Putt had a good old-fashioned home remedy to take care of 'em all!

So last year, as I stood in line at my local pharmacy, about to plunk down big bucks for a bottle of pain relievers, I got to thinking about Grandma Putt and her terrific treatments. As I recall, we didn't have

much money back then, but our health sure didn't suffer. Yet here we are today, spending a small fortune on pricey prescriptions and medical treatments—only to get temporary relief at best. So, I decided it was time to dig up those old-time remedies and put them to use again.

Our team gathered up all of Grandma Putt's great tips, tonics, and teas, as well as all of the other amazing old-time healers we could find. Not only did we discover a ton of remarkable home treatments, but also the scientific reasons why those remedies worked. That's right—our grandmas really *did* know what they were doing. So we packed all this homespun health wisdom into the treasure trove of remarkable remedies you're holding in your hands.

In *Grandma Putt's Home Health Remedies*, you'll discover hundreds of tried-and-true treatments for arthritis, headaches, sore throats, rashes, high blood pressure, bites and stings, indigestion, and much, much more using the very same back-to-basics, commonsense know-how that kept our grandparents...*and their grandparents*...in the pink of health. Even better—I've made it super easy for you to find relief by listing each ailment alphabetically, along with the best ways to treat it.

But sometimes, there's just no substitute for modern medicine. So to make sure that you've got the very best information at your fingertips, I've included many *Modern Marvels* sidebars throughout the book that highlight the latest medical breakthroughs.

And of course, some health problems are too serious to treat at home. If that's the case, then it's time to *Dial the Doctor*. In these boxes, you'll learn what to look for so you can get the professional help you need.

I also want you to always remember that this book can never (and should never) replace your doctor's advice. But it can help you stay out of the local clinic and neighborhood pharmacy if you've got minor problems. So with that in mind, dig into all the wonderful health hints, tips, and D.I.Y. recipes that Grandma Putt and other wise old women used way back when to keep their loved ones in good health.