

INTRODUCTION



Have you ever shelled out big bucks for an over-the-counter drug that delivered side effects you hadn't bargained for—and maybe didn't help your condition at all? Have you ever fallen for an ad that promised a certain pricey cosmetic would shave years off your appearance—only to find that it didn't make you look even five minutes younger, and furthermore, it irritated your skin? If you're like most folks I know, the answer to both of those questions is “You bet—and way too often!”

Well, friends, it's time to stop spending your hard-earned money on health and beauty aids that frequently do little more than clutter up your bathroom. In this book, I've gathered scads of my favorite remedies, routines, tonics, and toddies that'll cure whatever ails you and yours—with no unpleasant side effects. Plus, I've included scores of grooming aids and beauty treatments that will keep your whole family looking great—with none of the harsh chemicals you find in many commercial products.

This book is chock-full of miraculous methods, timely tricks, and potent potions that will help you solve problems ranging from acne to anemia, earaches to eye bags, and tired feet to toothaches. Many of these sensational solutions are as old as the hills. (For instance, you'll learn a centuries-old secret for easing arthritis pain using—believe it or not—a cabbage leaf.) Others are more recent “discoveries” by scientists who are finding more proof every day that Mother Nature's cure-alls really *do* work. Just one example: Studies show that you can actually improve your memory by eating plenty of foods that are rich in antioxidants, such as oranges, broccoli, carrots, and blueberries.

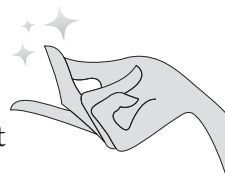
But wait—that's not all! You'll also find fantastic features like *What Would Grandma Do?*, where you'll learn some of this amazing lady's tried-and-true techniques for stopping nosebleeds, soothing painful hangnails, removing stubborn splinters, curing the common cold—and much, much more.





In *Eureka!*, I'll clue you in on a whole bunch of brainstorming ideas that will make you sit up and say, "Why didn't I think of that?!" Sneak preview: One of the easiest ways in the world to prevent wrinkles is simply to wear great big sunglasses every single time you go outdoors—thereby avoiding both radiation damage, which occurs even when the sun's not shining, and the constant muscle contractions that form those crinkles around your eyes.

Snappy Solutions and *Nifty, Thrifty Tips* include fast, fun, and foolproof ideas for improving your health and good looks while conserving two resources that, for most of us, are in mighty short



supply these days: time and money. Just to whet your appetite, you'll learn how to relieve asthma symptoms, beat the blahs, whiten your teeth, soothe chapped lips, and soften your skin using common foods that you probably have in your kitchen right now.



And in *Take My Advice*, readers ask for help and I give my take on solving their various vexing predicaments, ranging from itchy skin to muscle cramps, and a whole lot in between.



Finally, *Dial a Doc* tells you when you need to set home remedies aside and get professional medical help—fast. Even Grandma Putt didn't have all the answers, so don't hesitate to seek your doctor's advice.

Before we get started, though, there's a little fine print (isn't there usually?). Even though all the formulas in this book contain only pure, natural ingredients, it's not possible to predict an individual person's reactions to a particular recipe or treatment. And there is always a chance you could be allergic or sensitive to one or more of them. So if you're the least bit uncertain about the ingredients in an oral remedy, check with your doctor. And always test any topical mixer on a small patch of your skin before you proceed with a full-scale treatment.

Also, remember that this book is not intended to replace your doctor's expert advice. What it will do is show you how to put my all-natural fixers, mixers, and elixirs to work solving common health and beauty problems—and gain a lifetime of good health and good looks in the process!