

Introduction

It's a great time to be alive! And if you're anything like me—and I'm betting you are—you do everything within your power to stay fit and healthy as the years go by. Lucky for us, medicine has made enormous strides over the last decade. New drugs and treatments have been discovered to help us deal with diabetes, heart disease, bone degeneration, and much, much more. And scientists are exploring all aspects of our DNA and brains with the goal of discovering new ways to tackle inherited diseases, mental illness, and mood disorders. But let's face it, accidents and illnesses still put a hitch in our giddyup from time to time. And when that happens, most of us head straight to the drugstore to pick up the latest, greatest Big Pharma remedy—and empty our wallets to pay for it!

HEALTH

So what if I told you that just about everything you need to live a long, healthy life can be found right in your kitchen? Don't believe me? Well, how about these gems:

- Sip **COFFEE** to help guard against dementia and Alzheimer's disease! Read all about this amazing remedy on page 3.
- Stop indigestion in its tracks with the bracing **LEMON** tonic on page 81. It'll ease your discomfort lickety-split!

- Boost your bone density and help ward off osteoporosis with a sprinkle of **CURRY** powder. See page 159 for a few tasty ideas.

In fact, from the fridge and freezer to the countertops and cupboards, your kitchen holds a wealth of healing ingredients that can help you fight a host of ills, from heart disease and high blood pressure to indigestion and insomnia—even cancer!

In this book, you'll find hearty helpings of *Healthy Hints* that offer some of your kitchen's most surprising healers, like the frozen **PARSLEY**

anti-bruise cubes on page 176. They're the perfect pain-relieving help for folks who seem to bruise as easily as a ripe banana.

HEALTHY
Hint

BEAUTY

As if that weren't enough, you'll be glad to learn that your kitchen also holds an array of products that are perfect for a bevy of home-made beauty concoctions. You don't have to spend your hard-earned money on fancy potions and lotions from the department store or the local beauty aisle—instead, do your hair, skin, and nails a big favor and whip up chemical-, dye-, and preservative-free versions, like these:

- Get rid of dead skin cells with the super-simple dry-**MILK** scrub on page 240. Your skin will glow!
- De-stress your tresses with the ultra-luxe **EGG** and **BANANA** hair mask on page 238.
- Beat back brittle nails with the **VEGETABLE OIL** cure on page 314. You just might fix your dried out nails for good!

BEAUTY Bonus

Throughout this book, you'll find plenty of *Beauty Bonuses*, like the one on page 230.

Did you know that **RED WINE** can help you fight wrinkles?! No, not by drinking it, but by mixing it with egg whites and honey to make a rejuvenating facial mask. Beautiful!

And that's not all! Whether you're looking for feel-great potions or look-lovely lotions, there's something for everyone. In addition to the hundreds of tips, tricks, and tonics within these pages, we added fantastic features like:

Kitchen Counter Cures reveal dozens of recipes for fixing what ails you, as well as handy how-tos for creating your own beauty products. For example, the Gout-Be-Gone Preserves recipe on page 64 is an ultra-simple—and tasty—way to let **APPLES** relieve the pain and swelling gout sufferers are often prone to. Just grab a spoon and dig in!



An apple a day can keep the beautician away, too. Turn to page 247 for a nifty night cream that helps your aging skin retain its youthful elasticity so you can wake up beautiful every morning.

HOW'S THAT?

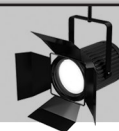


Find my answers to your most vexing health and beauty questions in ***How's That?***

boxes. One of my favorites is on page 155, which addresses the preposterous suggestion that **CINNAMON** can make you a better driver. (It's true, because the spicy scent soothes your jangled rush-hour nerves!) And if you think that's crazy, what about the dilemma you'll find on page 303? The answer is yes: Cold **MAYO** straight from the fridge really can take the sting out of sunburn!

Back in the Day...

And last, but certainly not least, I share my Grandma Putt's tried-and-true home remedies in ***Back in the Day***. Try the old-time **GRAPE** juice tip on page 78 the next time you need to heal a stubborn cut. And women have been using the farm-fresh facial treatment on page 330 for decades to tone, nourish, and soften their skin. The key ingredient? Believe it or not, it's **ONION** juice!

***SPOTLIGHT ON***
DIY REMEDIES

Now I know that you know this, but it bears repeating: The homemade healers and beauty solutions in this book are not meant to replace any medical care and/or treatments you are currently using. Especially if you have diabetes, high blood pressure, cancer, or any other long-term condition, be sure to speak with your health-care provider before using any formulas in this book.

For the rest of you, please remember that any home remedy takes a little time to work. But if your symptoms don't improve—or they actually get worse—after one week, seek medical help. And if you have any adverse skin reactions to a beauty treatment, stop using the remedy immediately.

I hope this whets your appetite for all the surprises that await you in your kitchen. So let's head there now and get on the road to good health and good looks!