



Introduction

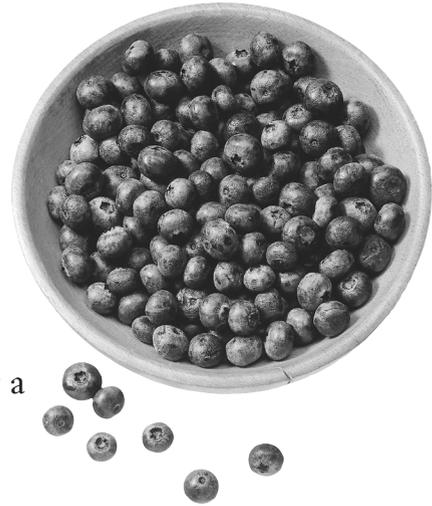
Have you looked around your local supermarket lately? I mean *really* looked around?

If you're like me, you make out a shopping list at home and then just run in, grab what you need, zip through the checkout line, and run back out. Heck, I rarely even give my car's engine time to cool off before I'm on my way again. But when my friend Matthew Hoffman and I recently had a discussion about how supermarkets had changed over the past couple of years, I decided to take a look for myself—and boy, am I glad I did!



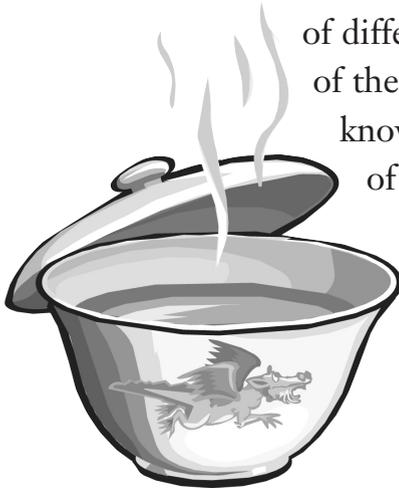
It turns out that all of those extra aisles that had popped up while I wasn't looking contain more vitamins, minerals, herbal supplements, and other preparations than you can shake a stick at. Hot wraps, cold packs, antihistamines, healing teas, soothing salves—if there's a home remedy for something that ails you, it looks like they've got it!

What's more, supermarkets have stocked up on all those healthful, healing foods that researchers have been pushing us to eat to prevent or relieve most health problems. Blueberries that keep your memory sharp, fish that eases the aches and pains of arthritis, vegetables that clear a stuffy nose—even spices that calm a cranky gut!



I tell you, a lightbulb went on in my head as I walked down the aisles! As soon as I checked out, I threw my bags in the car and zoomed home to call Matthew. We kicked around a few ideas and then talked about putting together a brand new book.

To start, I asked him to gather a list of the top home remedies, then browse the aisles in a bunch of different supermarkets to see how many of the treatments he could find. And you know what he discovered? The majority of today's supermarkets have more than 1,649 super remedies sitting right on their shelves.



That's right, 1,649!

Surprised? I sure was. Matthew's research revealed that hundreds of top health treatments are as close to us as our local supermarkets!



Needless to say, for a couple of natural, down-to-earth guys like Matthew and me, this was big news—and we wanted to share it with everyone. So we packed the latest word on all those healing teas, tonics, foods, salves, and other things into this book, then topped it off with suggestions from 124 doctors and other health practitioners for the most effective ways to use them.

Now it's your turn to check 'em out. Then, the next time you make a grocery list and head for the supermarket, take a list of your most common health complaints and this book with you as well. With these supermarket super remedies in hand, I guarantee that you won't be complaining for long!

Jerry Baker

