

# INTRODUCTION

It's no secret that in recent years, vinegar—one of the oldest substances on the planet—has risen to new heights of superstardom in natural health, beauty, and home upkeep circles. But here's something you might not realize: As you move into your 50s and beyond, this multi-talented marvel becomes even more valuable because it can be a major ally in holding back the aging hands of time. The good news is you don't have to wait for that half-century milestone to start reaping big benefits from this book. In these pages, you'll find a treasure trove of tips, tricks, tonics, and timely techniques that'll help you put this youth-enhancing powerhouse and some of its key allies to work at any age. For example, you'll learn how to:

- **Relieve aches, pains, and minor ailments** that strike more frequently as time goes by—without the adverse side effects of prescription and OTC medications (Chapters 1 through 3).
- **Safeguard, or even improve**, your physical, mental, *and* emotional health as the years march onward (Chapter 4).
- **Make your hair, nails, and skin “lie” about your age** with simple DIY treatments that can also actually help to improve your long-term health (Chapters 5 and 6).
- **Clean out, spruce up, and organize every room** in your home along with using easy, budget-friendly tweaks to help you age in place safely and comfortably (Chapters 7 through 10).
- **Keep your outdoor scene** and everything in it (including cars and other vehicles) in tip-top shape and make simple alterations, when necessary, to suit your changing needs (Chapters 11 through 13).
- **Travel about in safety and comfort**—while saving money—whether you're trotting the globe, road-trippin' across the USA, or not-so-roughing it in a nearby campground (Chapter 14).

- **Have fun with and provide down-home TLC** for your grandchildren, elderly loved ones, and pets (Chapters 15 through 17).
- **Create handmade gifts** for family and friends, treasures for your home, and maybe even turn your favorite craft into a second-prime career (Chapter 18).

Leading the charge in this anti-aging adventure is an all-star cast of 160 tonic recipes that put the prodigious power of vinegar to work in every facet of your life. Just to whet your DIY appetite, the *Exceptional Elderberry Elixir* on page 24 not only helps relieve the symptoms of a cold, flu, and bronchitis, but it also strengthens your immune system so you can battle the “bugs” better the next time around. The *Crackerjack Carpet Cleaner* on page 166 will make shampooing your carpets a lot cheaper than if you hired a pro to do the job; plus, it’s perfectly harmless to the tiniest toddler or most curious canine. The *Say It with Roses Bath Vinegar* on page 350 is an antioxidant, skin-softening marvel that makes an ideal gift for any occasion. And on page 314, you’ll find a tonic that’s just what the doctor ordered to help you relax after a non-stop day of caring for elderly loved ones: *A Calming Caregiver Cocktail*.

## ANTI-AGING MATTERS



And that’s just for starters! In every chapter, you’ll find fabulous features like **Anti-Aging Matters** Q&As, which address seniors’ concerns about things such as taking in a new pet (page 328), launching a new career (page 235), and even “armoring up” against dangerous insects in a new retirement community (page 50). Also, you’ll find answers to straight-from-the-hip questions like, “Is it true that papaya is a perfect superfood for seniors?” (page 74).

**Help Wanted?** directs you to professionals who specialize in meeting the particular needs of aging adults. This is your go-to source for expert aid if, for example, you're looking for the best ways to make your home safer and more comfortable to live in as you head into your golden years (page 134). In some cases, though, you'll learn why you might not want any help for a particular task if you're aiming to stay sleek, spry, and youthful for as long as possible (page 148).



The **Early Bird Specials** zero in on fabulous deals and perks that can come your way once you've reached a certain age. These range from discounts on youth-enhancing, farm-fresh produce at your local farmers' market (page 36) to possibly free hair-styling at upscale salons (page 84). You'll also learn about a gold mine of travel benefits you can start tapping into as soon as you've turned 40 (page 272), and a nationwide consortium of neighborhood support systems that can help you stay independent for the long haul (page 164).



**Safe & Sound** lives up to its moniker with spot-on strategies that'll help make your surroundings safer and more secure, especially as you begin to grow older, stiffer, and less steady on your feet. For example, you'll discover an easy maneuver that'll help reduce your "collection" of bumps and bruises (page 18). This feature also alerts you to simple safety precautions that can avert far more serious trouble, like an annual automotive chore that you may not think is necessary, but it could actually help save your life (page 246).

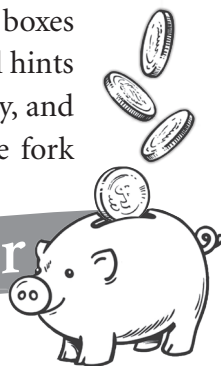


## Labor Saver

delivers exactly what the names imply: tips, tricks, and helpful hints on how to perform prodigious feats more quickly, more easily, and for less of your hard-earned cash than you might otherwise fork out. For example, you'll discover the ultimate no-muss, no-fuss, and no-mix healing power for arthritis pain (page 8) and the quickest, surest way to calm down your pup during a stressful situation (page 319). I'll share the least labor-intensive anti-aging tonic you could ever hope to find (page 37), along with an ultra-easy, and mighty tasty, way to reduce the incidence and intensity of hot flashes and night sweats (page 71). On the frugality front, there's a toning, nourishing facial treatment, tailor-made for mature skin, that'll cost

Last, but not least, the trifecta of the **Time, Labor, and Money Saver** boxes

## Money Saver



## Time Saver

In short, *Vinegar Solutions for Savvy Seniors* is your one-stop “shop” for plenty of super solutions, power-packed potions, and cutting-edge tricks that'll help you look, act, and feel years—maybe even decades—younger than your birth certificate says you are. So without further ado, let's get this anti-aging show for savvy seniors (and all others) on the road!

you next to nothing (page 113), and a very simple way to extend the life of your deck or porch for a whopping \$0.00! (page 234).

As you'll soon see, holding back the hands of time doesn't get any easier, or more fun, than this!