

FOREWORD



There's nothing I like better than the thought of spending a warm, sunny morning out in my yard putterin' around, so when my old buddy George called me in a lather about his garden problems, well, that was about the best invitation this old fella could get! No sooner had I hung up the phone than I was on my way to poor George's place. And what a sight it was! His beans, cucumbers, and even his prized tomato plants—grown from seeds he'd saved from his family's heirloom variety—had white, blotchy leaves that looked downright sad. George's summertime meals just wouldn't be the same without those fresh, juicy veggies—so what could he do?

Luckily for George, it was just a case of powdery mildew. When I told him the good news, he grumbled about the \$20 it was going to cost him for some Miracle-Kill-Everything chemical whatnot to fix his plants. I told George he already had everything he needed to massacre the mildew right in his kitchen. No sooner had I given him the lowdown than he was hightailing it inside to whip up my Magic Mildew Mix.

While George was fixing up the concoction, I sat out on his

porch to take in some of the morning sunshine. It was then that I noticed several red blotches on my hands. Good grief! The last thing I wanted to do was spend \$45 at the doctor's office to take care of a little post-gardening rash. And that's not even taking into account what it would cost me in time and aggravation spent in the waiting room!

While the blotches were probably nothing major, what if they got worse? Why wasn't there some easy way to tell how serious the rash was and to learn, step by step, what I could do about it?

Just then, George bounded out onto the porch with his homemade cure-all spray and darted off to save his prized plants. I soon left, and just as I walked up my front steps, it hit me: *If there are simple, commonsense antidotes for a whole host of garden problems, then there darn well ought to be some of the same for health problems, too!*

I decided to call my friend Marcia Holman—a former health editor at a major publishing company—and ask her to check into it. Now, I'm happy to report that with help from her team of researchers, Marcia uncovered hundreds of great home remedies and quick-and-easy treatments for oodles and oodles of ailments. Why, I couldn't believe some of the things she came up with, like an onion poultice to battle bronchitis, a potato juice constipation cure, and a dandelion tea to bust high blood pressure!

And you know me—I just couldn't keep all these terrific tips to myself.

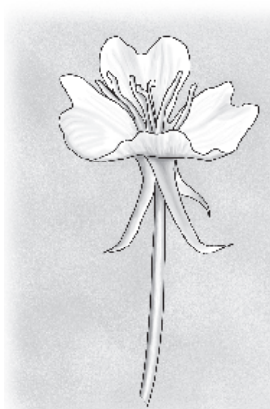
So we've crammed them all into this new book: *Amazing Antidotes*. Whether you're looking for the best exercise to relieve back pain, a fruity feast to flatten arthritis, or even a





quick citrus drink to ease your worst stomach-ache—we’ve discovered hundreds of timely tips, remarkable remedies, and super solutions for some of your most bothersome health problems. If you want to save money, get instant relief, or find a do-it-yourself treatment, this book is a dream come true.

Amazing Antidotes offers 976 grab-you-by-the-tonsils remedies that’ll save you tons of time, money, and aggravation. You’ll discover loads of great features to help keep those greenbacks in your wallet—the “Save Your Money” tips will give you the relief you need for just pennies! Or, if you need instant help for a troublesome problem, check out the remedies in “On-the-Spot Relief.” “When to Dial the Doc” tells you when you really need expert attention fast, and our “Homegrown Solutions” show you how to whip up a miracle mix from items growing right in your own garden!



If it’s amazing relief you need, it’s amazing antidotes you get—from salves and lotions to teas and tinctures, along with massage, acupuncture, and herbal treatments—as well as the telltale signs of a serious condition. And the antidotes are fast, easy, and cheap! So save your hard-earned cash for those serious medical problems that fall from the sky. With this book, you’ll learn how to save money with do-it-yourself remedies for 159 common health problems—and gain a lifetime of good health in the process!

Jerry Baker