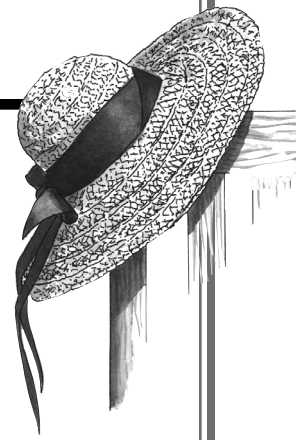




Contents

Age Spots: Those Unflattering Freckles 1

- Sure-Fire Freckle Flatteners
- Oddball Ointment: 29¢ Spot Remover
- Fabulous Folk Remedy: Flower Face Wash
- Powerful Potion: Blemish-Banishing Tonic



Allergies: Merely Annoying to Downright Dangerous 8

- How to Dry Up the Drips
- Natural Native Medicine: Get Steamy with Herbs
- Oddball Ointment: Salve Your Sinuses
- Powerful Potion: Ragweed Relief



Anemia: It's More Than Just Fatigue 16

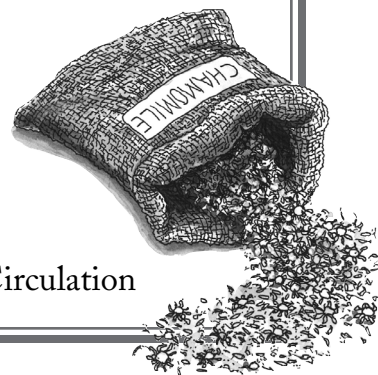
- Worshipping the Great Pumpkin
- Powerful Potion: Strawberry Tea
- Powerful Potion: Start at the Root
- Fabulous Folk Remedy: Blackstrap for Breakfast!

Anxiety: The Stuff Worrywarts Are Made Of 26

- Fabulous Folk Remedy: Treat Your Feet
- Powerful Potion: Skullcap Soother
- Powerful Potion: Gratitude Tea
- Oddball Ointment: Lovely Lavender

Arthritis: Preventing the Pain 31

- Fabulous Folk Remedy: Wrap It Up!
- Oddball Ointment: Herbal Helper
- Powerful Potion: Meadow Mixer for Super Circulation

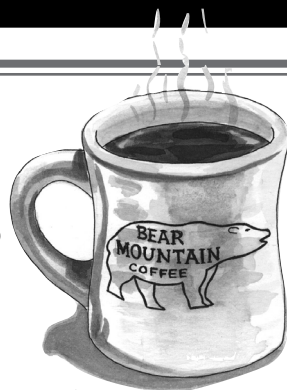




CONTENTS

Asthma: Waiting to Exhale 40

- Breathe-Easy Relief
- Fabulous Folk Remedy: Super Onion Soup
- Oddball Ointment: Take a Deep Breath
- Powerful Potion: The Starbucks Special



Athlete's Foot: Don't Shrink-Wrap Your Toes 51

- Fabulous Folk Remedy: Pickle Your Toes
- Oddball Ointment: Take a Powder
- Natural Native Medicine: Thyme to Heal the Problem
- Powerful Potion: Terrific Tootsie Tonic

Back Pain: Watch Your Back! 55

- Take a Load Off
- Powerful Potion: Hot Herbal Tea Toddy
- Oddball Ointment: Apply Arnica, Say Ahhh!
- Fabulous Folk Remedy: Soak in Some Salts



Bad Breath: Here's to the Freshest Mouth in Town! 64

- An Apple a Day
- Oddball Ointment: Myrrhvalous Mouthwash
- Natural Native Medicine: Chew On a Few Leaves
- Powerful Potion: Red-Pepper Mouthwash



Bleeding Gums (see Gingivitis)

Blisters: How to Avoid the Friction 68

- Practice Safe Socks
- Oddball Ointment: Comfrey Comfort
- Fabulous Folk Remedy: Cornstarch and Petroleum Jelly
- Powerful Potion: Tan Your Hide

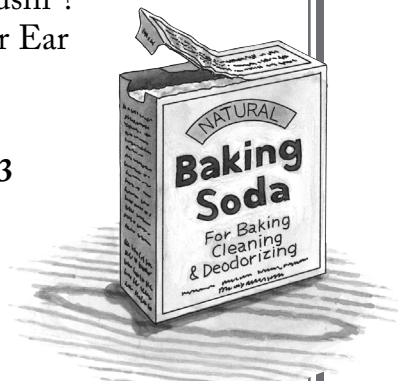
Bloating (see Fluid Retention)

Blocked Ears: Some High-Pressure Help 71

Keep Yawning
 Fabulous Folk Remedy: Did Anyone Say “Sushi”?
 Oddball Ointment: Put a Tiger Behind Your Ear
 Powerful Potion: Hyssop Helps

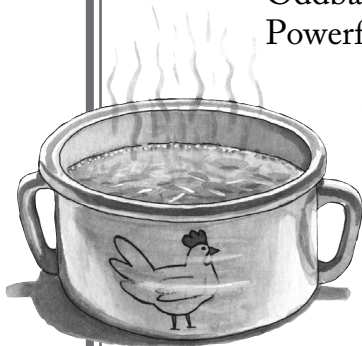
Body Odor: A Common-Scents Approach 73

A Little Dab Will Do Ya
 Oddball Ointment: Natural Neutralizers
 Powerful Potion: Clean—Inside and Out!
 Fabulous Folk Remedy: Flower Powder



Breast Conditions: Get to Know Your Own Geography 76

Try the Carrot Cure!
 Fabulous Folk Remedy: Pack Away the Pain
 Oddball Ointment: Root for the Cure
 Powerful Potion: Terrific Tree Tea



Bronchitis: Healing the Hack 81

Chicken Soup for the Lungs
 Fabulous Folk Remedy: A Bark for a Bark
 Oddball Ointment: Make a Flaxseed Poultice
 Powerful Potion: Triple-Threat Herbal Tea

Bug Bites: Fight Back When You Can't Bite Back! 85

Make Yourself Repellent
 Oddball Ointment: A Sage Poultice
 Fabulous Folk Remedy: Put a Sock in It!
 Natural Native Medicine: Hold the Latte

Burnout: How to Rekindle Your Fire 91

Oddball Ointment: Rub-A-Dub-Dub
 Powerful Potion: Restore the Roar
 Fabulous Folk Remedy: Sweet Dreams



CONTENTS

Burns: Hold the Butter 95

- Grow Your Own “Burn Center”
- Powerful Potion: It’s an Inside Job
- Fabulous Folk Remedy: Terrific Sunburn Treatment
- Oddball Ointment: Soothing Cedar

Bursitis: Get Those Joints Jumpin’ Again 99

- Easing “Weaver’s Bottom”
- Oddball Ointment: Bursitis Balm
- Oddball Ointment: Hot Pepper Cream
- Powerful Potion: Bursitis Buster

Calluses: Ease the Burdens of Your Sole 103

- The Horse’s What?
- Oddball Ointment: Scrub ‘Em with Salt
- Fabulous Folk Remedy: Lemon Soother
- Powerful Potion: Arnica Oil

Cardiovascular Conditioning: Your Pumper in Its Prime 106

- Are You Full of Beans?
- Fabulous Folk Remedy: Berry, Berry Good
- Powerful Potion: Hawthorne Helper
- Powerful Potion: A Terrific Ticker Tonic

Cataracts: Keeping the Clouds from Your Eyes 114

- Shade Those Peepers!
- Powerful Potion: Bilberry
- Fabulous Folk Remedy: Brighten Up, Baby!

Cholesterol (see High Cholesterol)

Chronic Fatigue Syndrome: Not Just for Workaholics 117

- Stop and Smell the Primroses
- Fabulous Folk Remedy: Feel Your Oats
- Powerful Potion: Gin-Zing Tea



**Colds: Commonsense Cures for the
Common Scourge 121**

- Add Some Spice to Your Life
- Powerful Potion: Herbal Throat Spray
- Oddball Ointment: Rub on the Oil
- Fabulous Folk Remedy: The Vigor of Vinegar

Constipation: Relieving the Inner Gridlock 128

- Soften Up with Psyllium
- Fabulous Folk Remedy: Lemon Aid
- Powerful Potion: Dandelion Juice
- Oddball Ointment: Root It Out
- Oddball Ointment: Belly Button Massage

Cough: Amen to Ahems 132

- Take a Bite Outta Your Bark
- Powerful Potion: Catnip Tea
- Fabulous Folk Remedy: Healin' Honey

Crow's Feet: How to Make 'Em Fly Away 135

- Keep Your Beauty Brimming
- Powerful Potion: Oil Your Insides
- Oddball Ointment: Feed Your Face

Dandruff: Shake Those Flakes for Good 138

- Powerful Potion: Dandruff-B-Gone
- Oddball Ointment: Steam Clean
- Fabulous Folk Remedy: Blondes Have More...Marigolds?

Depression: Chasing the Blues Away 142

- Eat Mood Food
- Fabulous Folk Remedy: Hold the Thistle
- Powerful Potion: Herbal Cheer Tea
- Oddball Ointment: Take a Deep Breath
- Powerful Potion: Flower Power





CONTENTS

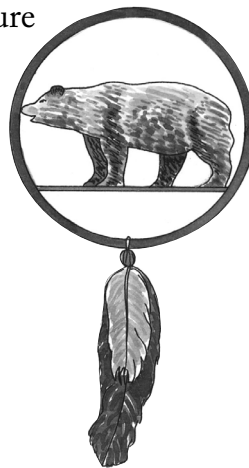
Diabetes: Managing a Complex Condition 148

A Preventable Epidemic

Fabulous Folk Remedy: A Berry Good Tincture

Powerful Potion: Evening Primrose Oil

Powerful Potion: Bilberry Brew



Diarrhea: Slowing Down the Urge 155

How to Avoid the Globe-Trotter's Trots

Natural Native Medicine: Blackberry Bliss

Fabulous Folk Remedy: Rice Water Relief

Powerful Potion: Peppermint Tea

Diverticulitis: Pouches Full of Pain 159

Secret Fiber Source

Fabulous Folk Remedy: Super Spasm Solution

Powerful Potion: Slippery Soother

Dry Eyes: Cry Like a Crocodile 163

Pull Down the Shades!

Fabulous Folk Remedy: Brighten 'Em Up!

Powerful Potion: Berry the Puffiness

Dry Hair: No More Bad Hair Days 166

Let Natural Oils Out

Oddball Ointment: California Hair

Powerful Potion: Black Beauty

Fabulous Folk Remedy: Marshmallow Rinse

Powerful Potion: Healthy Hair Herbs

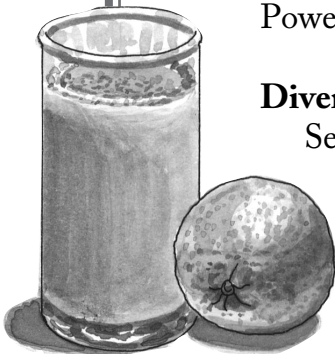
Dry Skin: Soften Up Your Birthday Suit 169

Be Delicious—Inside and Out!

Fabulous Folk Remedy: Honey, Please Pass the Milk!

Oddball Ointment: Roses and Herbs

Oddball Ointment: Slather on the Oatmeal





Dry Vagina: Dealing with the Discomfort 173

Use It or Lose It

Oddball Ointment: Sweeten Up!

Fabulous Folk Remedy: Heat Up, Then Chill Out!

Powerful Potion: From the Inside Out

Earache: Muffle That Pain 177

Gargle and Pop

Natural Native Medicine: Licorice for Your Ears?

Powerful Potion: Mullein Drops

Oddball Ointment: Garlic Ear-Oil

Endometriosis (see Menstrual Conditions)

Erectile Dysfunction: New Treatments, New Hope 180

The Stamp Test

Powerful Potion: Manly Tonic

Fabulous Folk Remedy: The Ginseng Option

Powerful Potion: Get Ginkgo

Eye Bags: Temporary Stowage Available 185

Scope Out the Shelves

Fabulous Folk Remedy: Bag the Bags!

Powerful Potion: Fabulous Fennel

Oddball Ointment: Potato Patties Prevail

Fatigue (see Burnout, Depression, Chronic Fatigue)

Fever and Chills (see Flu)

Fibromyalgia (see Muscle Aches)

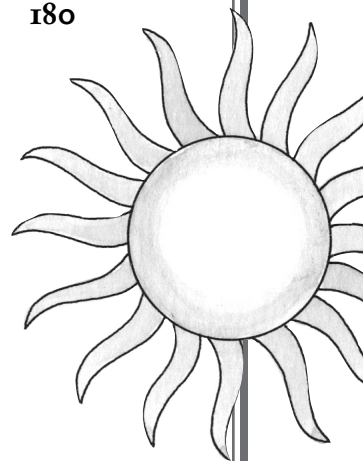
Flatulence: Turning Off the Gas 187

Try an After-Dinner Gas Buster

Fabulous Folk Remedy: Cast Off the Pain

Oddball Ointment: Rub it Out

Powerful Potion: Tummy Tamer Tea





CONTENTS

Flu: It's Nothing to Sneeze At 191

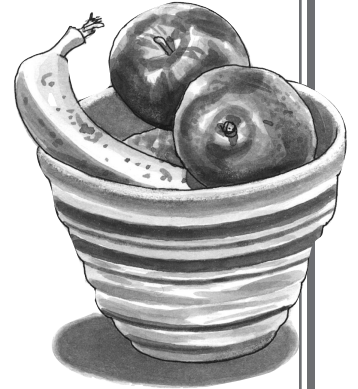
- Be Sweet to Yourself
- Fabulous Folk Remedy: Chamomile Calmer
- Powerful Potion: Eucalyptus Oil
- Oddball Ointment: Get Well with Garlic

Fluid Retention: Pop That Water Balloon! 194

- The Chinese Melon Cure
- Oddball Ointment: Wrap It Up!
- Powerful Potion: Bloat-Busting Tonic
- Fabulous Folk Remedy: Pull the Plug

Food Cravings: Must-Haves No More 197

- Pass the Pickles
- Fabulous Folk Remedy: Craving Calming Tea
- Oddball Ointment: Temper Your Tastebuds
- Powerful Potion: Feel Better with Bitters



Forgetfulness: Mind Over...What? 200

- Forget Hormones
- Fabulous Folk Remedy: Remember Ginseng
- Powerful Potion: Ginkgo Tea



Gallstones: Lighten the Load 207

- Roll the Stones Away
- Fabulous Folk Remedy: Lovely Lavender
- Powerful Potion: Spasm Stoppers
- Fabulous Folk Remedy: Dandelion Salad

Gingivitis: Keep Those Dad-Blame Gums Healthy! 210

- Fabulous Folk Remedy: Swish with Salt
- Powerful Potion: Myrrhvalously Sage Mouthwash
- Oddball Ointment: Paint with Goldenseal
- Powerful Potion: Chamomile Cleanser



Glaucoma: Preserve Your Peepers 214

- Get Regular Eye Examinations
- Powerful Potion: See with C
- Fabulous Folk Remedy: Bilberry Tea Time

Hair Loss: The Naked Truth 216

- Is It Something You Ate?
- Powerful Potion: A Stimulating Hair Tonic
- Fabulous Folk Remedy: Meddle with Nettles
- Oddball Ointment: Reach for Rosemary

Hangover: Hair of the Dog Revisited 220

- Your Hangover Menu
- Oddball Ointment: Calm the Waves
- Fabulous Folk Remedy: Pucker Up!
- Powerful Potion: Bitters Feel Better

Hay Fever (see Allergies)

Headache: Get Your Head out of the Vise 223

- Powerful Potion: Willow Works
- Fabulous Folk Remedy: Mash a Migraine
- Powerful Potion: Evening Primrose Oil
- Powerful Potion: An Exotic Elixer
- Oddball Ointment: Level Pain with Lavender



Heartburn: You Are What—and How—you Eat 230

- Slippery Elm to the Rescue
- Fabulous Folk Remedy: Mellow Meadowsweet
- Powerful Potion: Heavenly Angelica Tea

Hemorrhoids: Varicose Veins Where You Can't See Them 233

- Oddball Ointment: Put a Potato Poultice Where?
- Fabulous Folk Remedy: Ye Olde Witch Hazel
- Powerful Potion: Hemorrhoid-Healing Tonic





CONTENTS



Hiatal Hernia: A Hiccup in Your Diaphragm 237

Eat Smart

Powerful Potion: Marshmallow to the Max

Fabulous Folk Remedy: Look Ma, No Hands!

High Blood Pressure: Keeping the Lid On 241

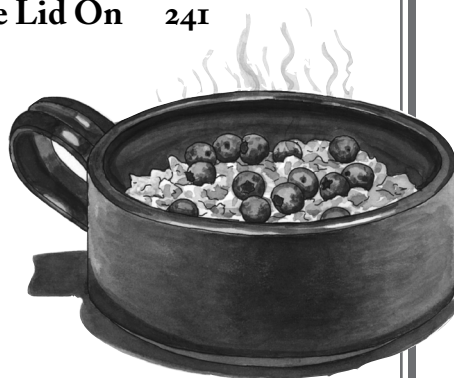
Getting Inside the Numbers

Fabulous Folk Remedy: Limey, Mate!

Powerful Potion: Passionflower Tea

Fabulous Folk Remedy: Cuppa Kava

Powerful Potion: A Berry Good Tonic



**High Cholesterol: The Good, the Bad,
and the Healthy 248**

Magic Bean Cuisine

Fabulous Folk Remedy: A Little Lemon, Please

Powerful Potion: Get Garlic

Fabulous Folk Remedy: The Artful Artichoke

Hives: How to Ditch the Itch 255

Say Ta-Ta to Tartrazine

Fabulous Folk Remedy: Soak in Oats

Powerful Potion: Cool Mint

Oddball Ointment: Cold Salve for Hot Hives

Hot Flashes: Unplug Those Power Surges 258

Powerful Potion: Hot Flash Tonic

Fabulous Folk Remedy: Cool Down with Alfalfa

Natural Native Medicine: Black Cohosh

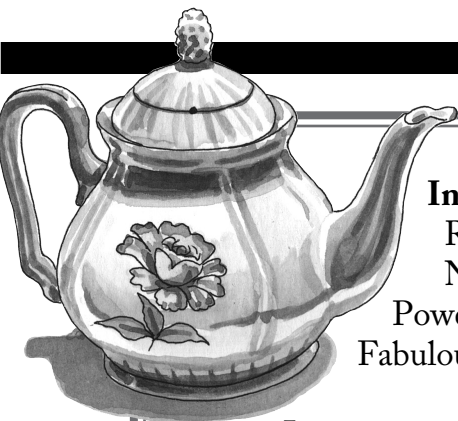
Powerful Potion: Parsley Power

Impotence (see **Erectile Dysfunction**)

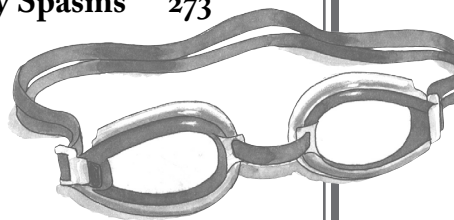
Indigestion (see **Heartburn**)

Infections (see **Sexually Transmitted Infections**)

Insect Bites (see **Bug Bites**)



Insomnia: The ABCs of Getting Some Zs	263
Resetting Your Snooze Button	
Natural Native Medicine: Dream Spirits Pillow	
Powerful Potion: Stinky Tea	
Fabulous Folk Remedy: Poppy Power!	
Intermittent Claudication: Leg Cramps Gone Mad	269
Fabulous Folk Remedy: Garlic to the Rescue!	
Oddball Ointment: Minty Leg Wraps	
Powerful Potion: Hawthorne Helper	
Powerful Potion: Circulation Building Tonic	
Irritable Bowel Syndrome: Bust Those Belly Spasms	273
Ditch the Gut Busters	
Try a Tummy Rub	
Fabulous Folk Remedy: Slippery Soother	
Powerful Potion: Cramp Buster	
Itchy Skin: When You Feel Like a Prickly Pear	278
Chill Out	
Fabulous Folk Remedy: Cider and Barley Bath	
Oddball Ointment: Chickweed Salve	
Itchy Vagina (see Sexually Transmitted Infections)	
Jitters (see Anxiety)	
Lactose Intolerance: Got Milk? No Way!	281
Non-Dairy Treasure Troves of Calcium	
Powerful Potion: Marshmallow Tea	
Fabulous Folk Remedy: Sour Power	
Laryngitis: Give Your Pipes a Rest	284
Thyme the Pot	
Powerful Potion: Elm Elixir	
Fabulous Folk Remedy: That's a Wrap!	





CONTENTS



Leaky Bladder: No Laughing Matter 287

Don't Lose Your Marbles

Fabulous Folk Remedy: Muscle Toning Tonic

Powerful Potion: Healthy H₂O

Powerful Potion: Irritable Bladder Booster

Macular Degeneration: The Eyes Don't Have to Have It 292

Picture This New Therapy

Fabulous Folk Remedy: A Seedy Suggestion

Powerful Potion: Antioxidant Activity Enhancer

Powerful Potion: A Down-Under Chowder

Menopause: The Change Has Changed! 298

Estrogen: Not for Everyone

Fabulous Folk Remedy: Pick the Wonder Weed

Powerful Potion: Ginseng for Night Sweats

Fabulous Folk Remedy: Chaste Berries

Menstrual Conditions: Cure Cramps and Other Periodic Pains 304

When a Cramp Is Not Just a Cramp

Fabulous Folk Remedy: Red Raspberry Relief

Powerful Potion: The Ladies' Tonic

Natural Native Medicine: The Tummy Touch

Midlife Crisis: It's Renewal Time! 310

The Midlife Crisis Myth

Powerful Potion: Discover Your Roots

Mouse Shoulder: Avoid the Trap 314

The Luck of the Lefties

Oddball Ointment: Creamed Comfort

Powerful Potion: Hot Toddy

Fabulous Folk Remedy: Soothing Shoulder Pack





Muscle Aches, Spasms, and Cramps: Chill Out! 318

- When It Hurts All Over
- Fabulous Folk Remedy: Hot Vinegar Pack
- Oddball Ointment: Comfrey Comfort Rub
- Powerful Potion: Pain Pacifier

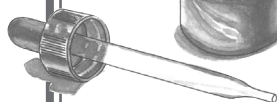
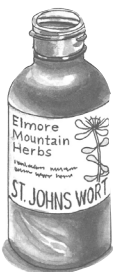
Nails: The Mirror of Your Health 323

- Fabulous Folk Remedy: Lemon Scrub
- Oddball Ointment: Grapefruit Nail Paint
- Powerful Potion: Mineral Magic

Nausea: Quelling the Queasies 327

- How to Prevent Motion Sickness
- Fabulous Folk Remedy: A Dilly of a Cure
- Powerful Potion: Yummy Tummy Soup
- Powerful Potion: Stomach Settler

Osteoarthritis (see Arthritis)



Osteoporosis: Keeping Up with Your Bones 331

- Shake Dem Bones!
- Natural Native Medicine: Chicory Juice
- Powerful Potion: Bone Soup
- Oddball Ointment: Oil Your Spine
- Fabulous Folk Remedy: A Comfrey Compress

Pain: Don't Put Up with It—Control It 338

- Why Won't the Chicken Cross the Road?
- Fabulous Folk Remedy: Bark at Your Pain
- Powerful Potion: Root for Relaxation

Painful Intercourse: Get on Top of Discomfort 343

- Are You Allergic to Sex?
- Powerful Potion: A Vaginal Wash
- Oddball Ointment: Vitamin E Night Therapy





CONTENTS

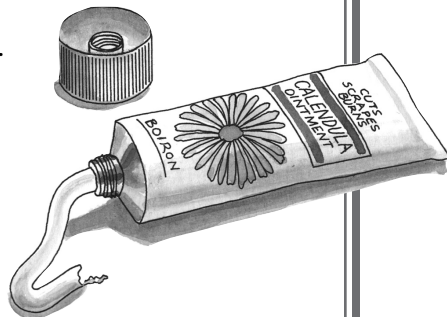
Panic Attacks (see Anxiety)

Pink Eye: It's Not Just for Bunnies 347

- Keep Your Hands to Yourself
- Fabulous Folk Remedy: Strawberry Soother
- Powerful Potion: Chamomile Cure
- Powerful Potion: Body-Boosting Brew

Poison Ivy: Getting Out of the Woods 350

- Kitchen-Counter Itch Stopper
- Fabulous Folk Remedy: A Jewel of a Weed
- Oddball Ointment: Calendula Cream



Postnasal Drip: Turning Off the Faucet 353

- Oddball Ointment: Natural Nasal Balm
- Powerful Potion: Drip-Stopper Tonic
- Fabulous Folk Remedy: Steam Sniffing Solution



Pot Belly: Suck In That Gut...Permanently 357

- Is Your Fat Not Really Fat?
- Fabulous Folk Remedy: Banish the Bloat
- Oddball Ointment: Lemon Balm Your Belly

Pregnancy Discomforts: Making the Long Wait a Little Easier 360

- Stay Out of the Kitchen
- Powerful Potion: Achy Legs Tonic
- Oddball Ointment: Hemorrhoid Healer

Rashes: Ditch the Itch 364

- Don't Do Anything Rash
- Fabulous Folk Remedy: Apple Cider Sponge Bath
- Powerful Potion: Slippery Elm Soother
- Oddball Ointment: Flax Oil Rub
- Oddball Ointment: Marigold Lotion

Rectal Itching: Stop the Squirming 370

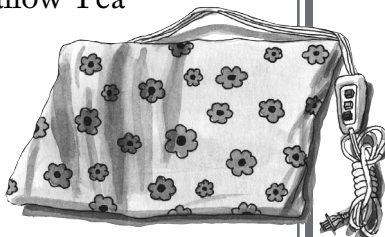
- Inventory Your Irritants
- Fabulous Folk Remedy: Create a Critter-Free Zone
- Powerful Potion: A Daily Digestion Tea
- Powerful Potion: Squirt the Oregano

Reflux Disease: More Than Indigestion 373

- Be Anti-Antacid
- Powerful Potion: Get Hip to Roses
- Fabulous Folk Remedy: Grandma's Marshmallow Tea

Repetitive Stress Syndrome: The Mouse is Mightier Than the Pen 377

- Heed the Signs
- Fabulous Folk Remedy: Black Willow Relief
- Oddball Ointment: Magic Meadowsweet



Sagging Breasts: Refitting Your Low Riders 382

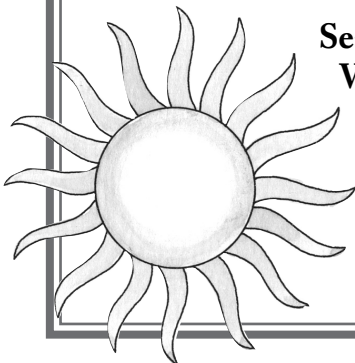
- The Two Things Exercise Simply Won't Lift
- Fabulous Folk Remedy: Castor Oil Cure
- Oddball Ointment: Butter Up!

Sciatica: Help for the Hot-Wired Leg 385

- How Do I Know It's Sciatica?
- Fabulous Folk Remedy: Centaury-Old Relief
- Powerful Potion: Mother Nature's Herbal Healer
- Oddball Ointment: Oil That Back!

Seasonal Affective Disorder: Lighten Up Those Winter Blues 390

- Light Up Your Life
- Powerful Potion: Blues-Beating Tonic
- Fabulous Folk Remedy: Flax to the Max





CONTENTS

Sexually Transmitted Infections:

Safe Sex at Any Age 393

Be on the Alert

Powerful Potion: An Herbal Periwash

Powerful Potion: Immune-System Strengthenener

Shingles: If Only You Could Leave 'Em on the Roof 396

Oddball Ointment: St. John's Relief

Fabulous Folk Remedy: Valerian Tea

Powerful Potion: Shingles Tonic

Oddball Ointment: Hot Pepper Salve



Sinusitis: Clogged Caverns in Your Head 400

Your Strategic Defense System

Fabulous Folk Remedy: Time to Horse Around

Oddball Ointment: Sinus Oil Solution

Fabulous Folk Remedy: Kitchen Counter Cures

Fabulous Folk Remedy: Fried Salt

Powerful Potion: Instant Sinus Drano



Sneaker Feet: Shoe-ing Away Funky Foot Breath 404

Play the Sock Market

Fabulous Folk Remedy: Sole Tea

Powerful Potion: Chlorophyll Cleansing Tonic

Sore Throat: Put Out the Fire 406

Tonsillitis Got You Down?

Fabulous Folk Remedy: Violet Flower Tea

Oddball Ointment: The Calendula Cure

Splinter Removal: A Thorny Issue 410

Rinse with Herbs

Fabulous Folk Remedy: Potato Poultice

Oddball Ointment: Marshmallow Magic

Powerful Potion: Splinter Remover



Sports Injuries: Work Up to Working Out 412

- Perfect Your Technique
- Fabulous Folk Remedy: Ye Olde Epsom Salts
- Powerful Potion: A Natural Sports Drink
- Oddball Ointment: Tingling Tootsie Tonic

Sprains and Strains: Fast Relief with RICE 415

- Use an Herbal Ice Pack
- Fabulous Folk Remedy: A Comfy Comfrey Wrap
- Powerful Potion: A Witch's Brew

Stings (see **Bug Bites**)

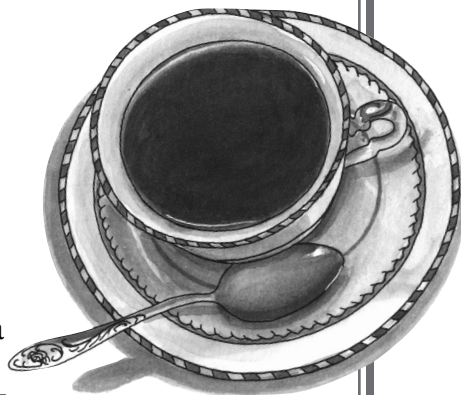
Stomachache (see **Heartburn, Nausea**)

Stress: Tear It Down! 417

- The 5-Second Stress Reliever
- Powerful Potion: Tension-Tamer Tea

Stroke: Reduce Your Risk 421

- Different Strokes for Different Folks
- Powerful Potion: Stroke-Preventing Tea
- Oddball Ointment: Lovely Liniment
- Powerful Potion: Chinese Mushroom Magic
- Fabulous Folk Remedy: Raise a Stink!



Stuffy Nose (see **Sinusitis**)

Sunburn: Preventing the Peel 427

- Be Cool As a Cucumber
- Fabulous Folk Remedy: A Cooling Lavender Spray
- Oddball Ointment: The Morning-After Sunburn Remedy
- Oddball Ointment: Super Sunburn Soothers

Swollen Ankles (see **Fluid Retention**)



CONTENTS

Tick Removal: Out Damn Spot! 430

- Taking Ticks to Task
- Fabulous Folk Remedy: Clever Clover
- Oddball Ointment: Pennyroyal Oil

Tooth Loss: Save That Smile 433

- Fabulous Folk Remedy: Homemade Licorice Toothbrush
- Oddball Ointment: Tooth Repair Paste
- Fabulous Folk Remedy: Purl One, Floss Two
- Powerful Potion: Kissing Juice

Urinary Incontinence (see **Leaky Bladder**)
Uterine Pain (see **Menstrual Conditions**)

Vomiting: Don't Let the Upset Get You Down 437

- Make It Salty, Sweetie!
- Fabulous Folk Remedy: Call an Angel!
- Powerful Potion: Mint Magic

Warts: Make 'Em Disappear 440

- How to Part with Your Wart
- Oddball Ointment: Yellow Cedar Oil
- Powerful Potion: Antiviral Astragalus Antidote
- Fabulous Folk Remedy: Miracle Wart Weeds

Yellowed Teeth: Polish Those Pearly Whites 444

- Giving Whitening Paste the Brush-Off
- Fabulous Folk Remedy: Juice 'Em Up
- Oddball Ointment: Paint Some Primer

Zits: Glands Working Overtime 446

- Powerful Potion: Calendula Wash
- Powerful Potion: Witch Hazel
- Fabulous Folk Remedy: Honey-Onion Mask

