

Bake an *Onion* For an Ear Infection?

Honey come quick! There's a doctor in our kitchen!

Top doctors from the most prestigious institutions across America agree: Food, delicious food is always your best medicine for your whole darn body. There is almost NO condition too serious to be completely reversed with healing foods...

TRY THIS FREE REMEDY! **Ear infection? Bake an onion?** Slice it in half, bake it at 350 degrees until it's soft, then wrap it in a towel and hold over the ear. It helps draw out the infection and works great on babies and kids! Instructions, page 234.

■ **Stop body odor with spinach and kale.** The natural *chlorophyll* acts as a natural detoxifier, says Georgianna Donadio, M.D. See page 87.

■ **Breastfeeding? Try fenugreek.** It's an ancient herb that has an oxytocin-like effect on the the body—stimulating milk production and contracting the uterus, according to Ellen Kamhi, Ph.D., R.N. Details, page 105.



■ **Do you bruise easily? Try apple cider vinegar.** According to a respected MD, this old folk remedy offers instant bruise relief.

Just follow the directions on page 114.

■ **Endless coughing? Try the bronchitis diet!** It

was developed by a top Ph.D. to "clean out" your respiratory system. Page 109.

■ **Eyestrain?** Brew some eyebright tea. It works in minutes, according to Mei Schneider, Ph.D.. Page 249

■ **Erase bruises with pineapple?** Jay Zimmerman, M.D. swears by it. You can eat fresh pineapple or try something even more effective: *concentrated pineapple*. Huh? See page 76 for details.

■ **Erase a boil with tomatoes or cabbage?** Does it really work? *Try it and see for yourself*. Just follow the doctor's orders on page 93.

Burning, itching rash? Get yourself some *honey, olive oil and beeswax*.

Studies have shown that this trick (explained on page 529) heals rashes *more* quickly than cortisone!

■ **Dizzy? Nauseous? Ginger is the answer.** Dizziness is often accompanied by nausea. Ginger, a traditional remedy for stomach upset, has been shown to ease this nausea, says Terry D. Fife, M.D. Details, page 218.

■ **STOP bug bites from itching with baking soda!** A quick cure from your kitchen that really works. Page 68

■ **Treat bee stings with a credit card!** Don't worry, they take *all* major cards...and it helps you literally *erase* the sting ASAP. Instructions, page 71.

"My bursitis pain was so bad I could barely move...until my doctor told me about tea tree oil!"

"I said 'what, no drugs?' and she said 'nope!'"

Tea tree oil is great for calming the inflammatory process, says Georgianna Donadio, Ph.D. Just dab a little tea tree oil on a cotton ball and apply it directly to the painful joint as needed.

For extra pain relief, Dr. Donadio has a hot remedy from China. See details on page 128 in your FREE preview copy of THE BIG BOOK OF DOCTOR'S HOME REMEDIES.

Imagine THIS happening to YOU!

"My husband's gout was worse than ever—until he tried cherries—go figure!"

This old folk remedy has been shown to begin working in just 5 hours.

FACT: Researchers found that test subjects who ate cherries lowered uric acid levels in only 5 hours. Uric acid buildup is a key trigger for gout.

So next time you feel an attack coming on, break out the cherries. Or better yet, make them a regular part of your diet to help keep the gout away! See page 294 in your FREE Preview copy of THE BIG BOOK OF DOCTOR'S HOME REMEDIES. Send for your copy and 3 FREE bonus guides today!



"My doctor said I should use castor oil for my breast pain..."

"I thought, did I just travel back in time?"

To get relief from breast inflammation, try a castor oil compress, says Ellen Kamhi, Ph.D., R.N. Castor oil contains a substance that increases T11 lymphocyte function, says Dr. Kamhi. This helps speed healing of breast infections. You'll need cold-pressed castor oil, a wool flannel cloth, a piece of plastic, a heating pad...and the instructions on page 99 in your FREE preview copy of THE BIG BOOK OF DOCTOR'S HOME REMEDIES.

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