

Kitchen cure #619...

How Gin-Soaked Raisins Cured Carmen's "Hopeless" Arthritis!

Worked even after doctors gave up! See inside on page 2...

FREE in This Special Issue:



► How a pick-pocket can cure your back pain. Inside on page 3.

► Middle Eastern "love snack" ignites a woman's sexual desire. Cleopatra swore by it! Page 10



► Russian "Rogaine®": Slavic barbers reveal their secret formula for regrowing thick, healthy hair. Page 9



of this heart-healthy fruit every day. Page 4

► Simple Mediterranean remedy restores lost hearing. Page 2

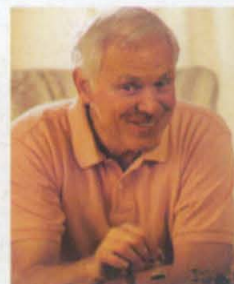


► The "Cole Slaw Cure" for stomach trouble. Soothes and repairs. Inside on page 7.



► U.S. Army uncovers all-natural, sure-fire allergy defense. Page 7

► Former model gets rid of *all* her cellulite ...with a coffee grinder! Page 8



► Backyard herb fixes memory problems. Page 12

Discover 1,714 kitchen cures and homegrown healing miracles that reverse disease and relieve pain—while saving you time and money. Time-tested and 100% doctor approved. All yours to try FREE without sending a cent. Just see inside...

FREE GIFT!
See page 15...

How Gin-Soaked Raisins Cured Carmen's "Hopeless" Arthritis

The Wilen Sisters love all the fan mail they get about how their "kitchen cures" have changed people's lives. They especially enjoy hearing about how a cure worked on a so-called "hopeless" case.

That's why they were so pleased to hear from Ms. Carmen Suarez of Stamford, Connecticut.

She writes that she spent over a thousand dollars on doctor visits and drugs for the arthritis pain in her neck. But the doctor finally told her to "go home and learn to live with the pain."

Then she heard about the Wilens' "amazing gin-soaked raisin remedy." With nothing to lose, she tried it. As she reports: "I can now turn my head with no pain." She told four friends and they swear by it as well.

Why does it work? Raisins are packed with many pain-relieving, anti-arthritic, anti-inflammatory compounds. The gin may act as a "turbocharger."



The doctor told Carmen Suarez of Stamford, Connecticut: "Learn to live with your arthritis pain." Instead, she found drug-free pain relief right in her kitchen cupboard.

Take Heart: A Pain-Free Life Is as Close as Your Kitchen

Please don't ever give up hope that you, too, can be pain-free and in good health—not when there are so many incredible, safe, affordable cures as close as your kitchen.

The Wilen Sisters have been collecting the most effective home remedies for years. They range from old cures that have worked and been passed down for centuries (but forgotten by modern medicine) to modern-day cures uncovered by doctors, medical researchers, and even people like you. Old or new, the Wilens don't care—as long as they work.

Now **Bottom Line Books** has collected their best cures, given them to a medical doctor to see that they're absolutely safe, and put them all into a new book called **Bottom Line's HEALING REMEDIES**.

In it, you'll find instructions for the amazing gin-soaked raisin remedy, many more remedies for joint and other types of pain, plus hundreds more ways to get well quickly and naturally.

Here's just a small sample:

► The chicken soup so potent, more than two tablespoons is *too much!* Germs don't stand a chance. Recipe on page 37.

► Delicious fruit has the same pain-relieving ingredient as aspirin—but none of the side effects. Page 105

► Cure your migraines with a trip to your hair salon? We'll explain which machine to use and why, on page 107.

► Why campers don't wake up with stiff joints. You won't either, after seeing page 15.

► Get the maximum benefit from *any* pill—simply by changing the way you take it. Secret is on page 293.

► The flu cure that saved thousands of lives in Germany during the 1918 flu epidemic. Still works today! Pages 41–42

► All-natural acne remedy clears up skin from the inside out. Page 155

► Snap back from a pulled muscle in days instead of weeks. This is the secret weapon professional coaches give their athletes when they *must* get them back into the game—NOW. Page 174

And that's just the beginning...there are so many more! Now you can see them all for yourself and start benefiting from these wonderful, right-at-hand remedies and cures—free for 30 days.

There's no risk, no obligation, and no need to send a single penny. Simply look between pages 14 and 15 of this Special Report and return the "Just Looking" Certificate in the postage-paid envelope provided.

Restore Lost Hearing With This Mediterranean Healing Wonder

Lost hearing does not have to be lost forever.

Thousands of folks in Sicily have discovered a trusted cure that can help you, too.

Just stew several garlic cloves in olive oil, then press and strain. Put a few lukewarm drops in your ears (it's quite painless), plug with cotton, and listen to



the results.

Here's why it works: Most partial hearing loss comes from a chronic ear infection, or wax buildup. In a one-two healing punch, the olive oil softens any wax and soothes irritation. Then the germ-fighting

garlic knocks out the harmful bacteria.

Your hearing and vision are so very precious. Any problem with them can

be so frustrating. That's why people, through the years, have developed so many effective, natural remedies to protect these valuable gifts. Like these from **HEALING REMEDIES**:

► Clear up cataracts with one tablespoon a day of the potent powder on page 70.

► The amazing onion cure for tinnitus (ringing in your ears). On page 67.

► Restore night vision—with a berry. See page 76.

► Relieve eye strain by eating the seeds on page 74. They're packed with nutrients that actually nourish your eyes. (Keep a bag near your computer.)

► Improve your hearing—by taking the stairs. Page 68

The "Pickpocket Cure" for Back Pain

According to doctors, if your wallet gets swiped, you may lose more than credit cards and cash.

You may lose your back pain as well.

That's because many men (we'll get to you ladies in a second) carry a thick, hip-pocket wallet that puts pain-triggering pressure on their sciatic nerve.

Now, ladies: That heavy pocketbook of yours may well be throwing your spine out of alignment, causing back problems and other unnecessary pain. So do your



back a favor...lighten up!

You'll find more quick relief for back pain from **HEALING REMEDIES**:

- ▶ The amazing back-healing bean. Page 24
- ▶ Skip the chiropractor and take this 15-minute "couch cure" for back pain. Specific instructions on page 24.
- ▶ What to add to milk to cure back pain.

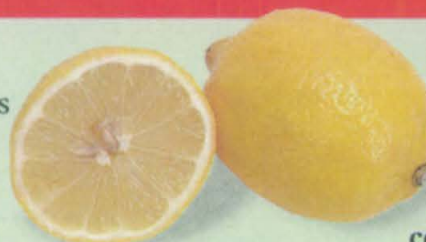
Incredibly, it's even been known to cure "incurable" sciatica. Page 26



The Healing Hall of Fame Sourest Cancer Crusher: Lemons

NAME: Lemons (*citrus limon*)

WHY THEY WORK: When life gives you lemons...be thankful! This little yellow fellow is a potent cancer preventer—packed with powerful antioxidants that can keep harmful free radicals from forming tumors (or causing cholesterol buildup). In **HEALING REMEDIES** you'll discover that a lemon's citric acid is a strong antibiotic that can clear your complexion and disinfect cuts, while a hot lemon drink stops coughs and soothes heartburn.



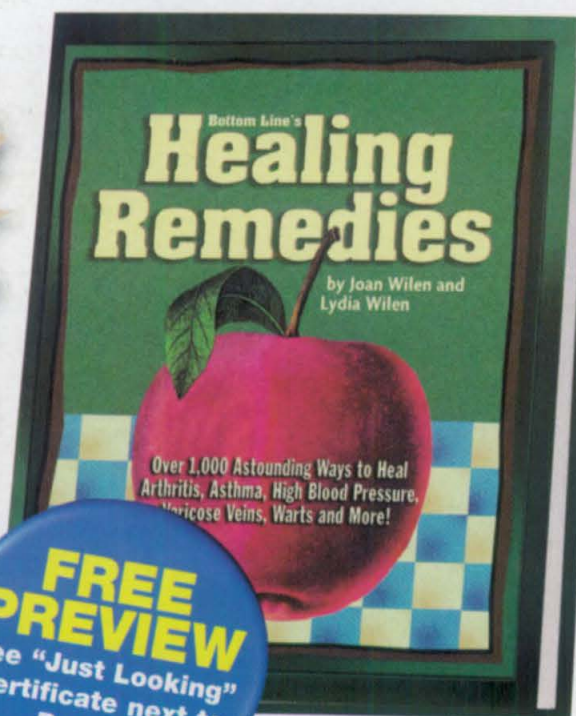
WHAT THEY FIX:

Aching feet (page 84), blackheads (156), boils (158), colds (38), constipation (47), corns (85), coughs (50), cuts (160), freckles (160), headaches (105), heartburn (127), heart weakness (111), hiccups (117), indigestion (123), insect stings (7), itching (144), kidney stones (194), mosquito bites (8), motion sickness (138), onion breath (187), poison ivy (148), sinus congestion (153), sore throat (44), stiff neck (134) and warts (197).



"Your wild cherry bark tea actually cured my husband's asthma in less than a week! Thank you!!!"

— Polly Stewart
Honolulu, Hawaii



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Certificate next to
Page 15

Amaze Your Friends and Your Family When You...

- ▶ Get rid of painful leg cramps with an ordinary teaspoon! Page 135
- ▶ Make warts disappear with molasses. Page 198
- ▶ Never cry over an onion again—thanks to a match trick. Page 295
- ▶ Quickly sober someone up—with cucumbers! Page 60
- ▶ Make painful corns disappear with a used tea bag! Page 86
- ▶ Make a nosebleed stop on a dime—with a dime. Page 140
- ▶ Stop a runny nose with an iron and a slice of bread. Page 40
- ▶ Nix nausea with onions. Page 137
- ▶ Keep from getting sick—with a ballpoint pen. (Works for anything from colds to more serious diseases.) Page 248
- ▶ Banish belching with tangerine tea. Page 126
- ▶ Sit in this seat on an airplane to avoid air sickness. Page 139
- ▶ Put an end to cold feet—with an old skiers' trick that makes one pair of socks feel like two. Page 86
- ▶ Relieve poison ivy itch—with tofu! Page 148
- ▶ Discover you may not really be overweight! Pages 206–207



Plus this FREE Gift
That's Yours to Keep
(See page 15...)



5 Ways to Lower Your Cholesterol As Easily As Lowering the Thermostat — But Without Drugs or Tofu

These days, many doctors dole out powerful cholesterol-lowering drugs to their adult patients as readily as lollipops to the kids.

That's insane! Those drugs are expensive and their side effects range from muscle aches, nausea, diarrhea and constipation to severe liver problems.

Instead, in **HEALING REMEDIES**, you'll see that Mother Nature has thoughtfully provided a smorgasbord of tasty, inexpensive foods that even "mainstream" medical studies show can send your cholesterol plunging.

By how much would you like to lower your cholesterol...?

► **By 16%?** Two large apples a day keep the cardiologist away. (Their pectin keeps your stomach from absorbing fats. And cholesterol is a fat.)

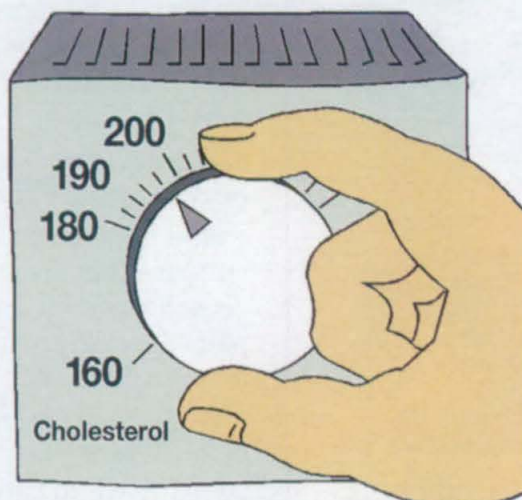
► **By up to a whopping 42%?** Your ridiculously inexpensive "prescription" is just half an avocado a day. (The secret is its heart-healthy *unsaturated* fat and 13 essential minerals.)

► **By 7%?** Four garlic cloves a day, if you please (and see the box on the next page for an easy way to take them).

► **By 11%?** Two raw carrots a day are just what the doctor ordered (or, at least, what he *should* have ordered).

► **By 22 points?** Just say "nuts." Walnuts, to be exact.

Face it, if your ticker stops ticking, it doesn't matter how healthy the rest of



How low would you like to "turn down" your cholesterol?

your body is. That's why **HEALING REMEDIES** is packed chock-full of good news about the amazing cardiovascular benefits of oats, sunflower seeds, peppermint, wine, onions, lemons, honey, beans, kiwis, and other delicious foods.

For thousands of years, people couldn't run to the doctor or a drugstore when they got sick. They had to find ways to treat disease and stay healthy on their own. Now millions are throwing open their cupboards and rediscovering those same safe, natural, affordable, time-proven remedies.

Just look...

► Professional singers can't afford a **sore throat**. But the show goes on, thanks to the sore throat remedy on page 43. Works every time!

► You're destined for degenerative diseases like heart disease and cancer, warns a leading physician—unless you take the critical supplement on page 269. (It's not a vitamin or a mineral.)

► Amazing herb multiplies the power of any other herbs you take. Page 278

► Fun, 15-minute-a-day health secret that Thomas Edison, Churchill, Napoleon, and other superachievers credit for much of their success. Page 248

► Asthma-free for five years and counting. Woman swears the tea on page 18 changed her life.

► Cut your risk of a heart attack 40%—without taking drugs, supplements, or eating differently. Just do more of something you already do every day. Page 110

► Cure a cold overnight. Former New York City mayor reveals his passed-on-for-generations secret on page 42.

► Neutralize the harmful effects of everyday pollutants, poisons and radiation. Without this little-known supplement, you're a sitting duck. (Also *proven* to reduce the terrible side effects of radiation treatment for cancer patients, and boost their immune response and sense of well-being.) Page 264

This list could go on and on (perhaps you think it already has!). But what's the point, when you can get **HEALING REMEDIES** and all 1,714 cures for

30 days *without spending a dime*. Simply return the "Just Looking" Certificate between the last two pages of this Special Report!



The Healing Hall of Fame Hottest Healer: Cayenne Pepper

NAME: Cayenne pepper (*capsicum frutescens* or "hot chili peppers")

WHY THEY WORK: Capsaicin, the chemical that makes hot peppers hot, also ignites their healing power by improving your blood flow—blasting through any blockages and bringing healing energy to every cell of your body. It's no wonder that in **HEALING REMEDIES** you'll discover how they can treat everything from heart disease to digestive problems.



WHAT IT FIXES:

Aching feet (page 84), arthritis (16), bleeding (157), carpal tunnel syndrome (35), cold feet (86), diarrhea (57), excessive menstrual flow (232), fever (43), hair loss (93), hangover (60), high blood pressure (119), low sex drive (151), motion sickness (138), nosebleeds (140), poor circulation (111), sleepiness (82), sore throat (44), sprains (173), tension and anxiety (177) and toothaches (181).

"The only book on nutrition, remedies, etc., that is funny, witty and therefore enjoyable to read."

— Laura Wasserman
Jacksonville, Florida

Unclog Your Arteries with Your Morning Orange Juice

You've probably heard that raw garlic can unclog arteries. Even many doctors now admit it.

So...when was the last time you had a clove of raw garlic?

If you've been put off by the taste (or the odor on your breath), here's what many find is the ideal (and surprising) solution: Garlic in your morning OJ!

Simply add two minced cloves to half a glass. The juice covers the taste of the garlic and, because you don't chew it, the smell doesn't stay on your breath.



In **HEALING REMEDIES** you'll find many more time-tested ways to keep your heart healthy:

► **Make yourself "heart attack proof."** Tiny (but potent) berry lowers blood pressure and strengthens cardiac muscles. Page 110

► **Stop a heart attack *while it's happening*.** Simple, lifesaving pressure point on page 108.

► **Amazing secret enables orchestra conductors to live an average of 7.5 years longer than the rest of us.** Now you can, too. Just see page 109.

High Blood Pressure? Just Add More of This to Your Salad

If your blood pressure is high, order your salad with extra cucumbers.

They're rich in pressure-lowering potassium, and their diuretic effect also lowers pressure by reducing your blood volume.

The government recently lowered the cutoff for high blood pressure. Now a reading as low as 120/80 can get you pegged as "pre-hypertensive."

So before you find yourself on



expensive and dangerous medications, check out **HEALING REMEDIES** for more quick and easy ways to lower your blood pressure...

► **Talk your way out of hypertension.** Secret is on page 120.

► **Significantly lower your blood pressure** just by watching the item on page 119. University study confirms it.

► **Something "fatty" that sends your blood pressure plunging.** Page 118

► **Stabilize your blood pressure *instantly*** simply by switching radio stations. Page 120

"What a piece of work is **HEALING REMEDIES!**"

Unmatched, it provides the accumulated healing wisdom of the ages (right up to the present) in one, convenient source. **Today, more than ever, we need this practical, natural relief**—and the dry humor sweetens the message."

—Ray C. Wunderlich, Jr., Ph.D., M.D.
Physician and Author



Astonish Your Doctor When You...

► **Cure gout with strawberries.** Page 91

► **Banish freckles with warm beer.** Page 159

► **Cure heat rash with watermelon rind.** Page 146

► **Give hives the boot with buckwheat flour.** Pages 144–145

► **Clear up eczema with brewer's yeast.** Page 143

► **Use walnuts to get rid of cold sores.** Page 114

► **Stop a cough with a grocery bag.** Page 50

► **Stop a really *deep* cough with beans.** Page 51

► **Use horseradish to end a painful sinus headache.** Page 154

► **Cure laryngitis with the Tibetan raisin remedy.** Page 45

► **Use simple, do-it-yourself psychology to cure your insomnia.** Page 165

► **Work wonders for psoriasis with a trip to the beach.** Page 143

► **Relieve a nagging itch with a common vegetable.** Page 144

► **Cure chronic bad breath with this yogurt secret.** Page 285

► **Make stretch marks disappear with a teaspoon of this oil.** Page 161



Plus this FREE Gift
That's Yours to Keep
(See page 15...)



Her Diarrhea Agony Ended With This Delicious "Cookie Cure"

Not all cures in **HEALING REMEDIES** are from the past. Here's a brand-new one Joan Wilen and Lydia Wilen believe will be around for a long time.

Strange as it may seem, more and more people are discovering that coconut macaroons are a quick and very pleasant cure for diarrhea.

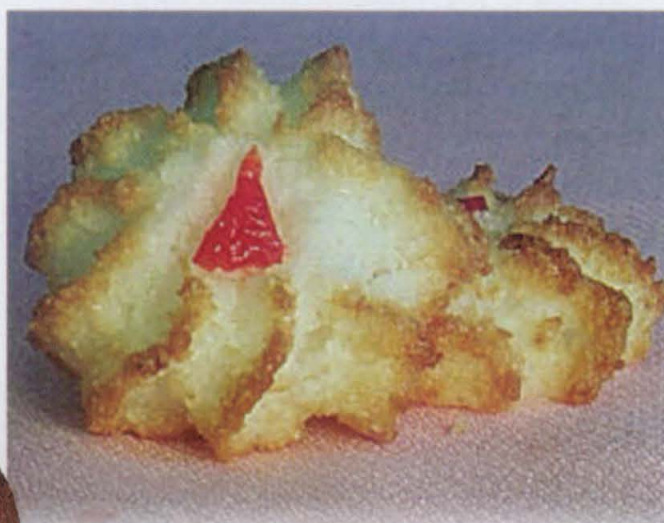
One woman even wrote the Wilen Sisters to say that two a day put an end to her 12-year bout with diarrhea!

She had Crohn's disease, and chronic diarrhea is a common and very debilitating symptom of this vicious ailment.

And one young man says Mounds Bars® (which are also packed with coconut) helped his antibiotic-induced diarrhea.

As is so often the case, there's real science behind this seemingly bizarre cure. Coconut has proven anti-inflammatory compounds that soothe and heal. It also kills those troublesome germs that can cause intestinal problems.

In fact, native healers in Hawaii have long used the jelly from inside the



Yum! These sure beat Kaopectate®!

coconut to heal stomach disorders. So what's new is actually old!

New or old...strange sounding or commonplace...delicious or "takes a bit of getting used to..."—the Wilen Sisters don't

care, as long as the cure helps people live better, healthier lives.

Like this...

► **Reverse or prevent arthritis, cancer, diabetes, hypertension and stroke.** Amazing, all-in-one oil does it all. Pages 266–268

► **Taking antibiotics?** You should also take this delicious, 4,000-year-old longevity brew if you want to avoid long-term stomach and other problems. Pages 285–286

► **Bacteria and parasites don't stand a chance.** Powerful "super herb" shows no mercy—protects you from deadly *E. coli* and *salmonella* germs, which sicken or kill thousands every year. Pages 274–277

► **Can't shake that strep throat?** Dangerous strep bacteria can lurk in your house for *months*.

They'll reinfect you—and your family—unless you follow the simple instructions on page 46.

► **Stabilize your blood sugar levels** with the type of beans on page 23. (*Very good news if you have hypoglycemia or diabetes.*)

► **Banish stomach pain instantly** with this secret Chinese pressure point. Page 123

► **Plants that gobble up the toxic chemicals in your home or office.** Even the cleanest homes are full of microscopic poisons—often the hidden

cause of unexplained sore throats, headaches, irritated eyes and stuffy noses. Based on NASA research! Page 296

► **The water cure for constipation.** Works if you drink it at the time of day revealed on page 47.

► **The vegetable every diabetic should know about.** Actually stimulates your body to make more insulin! Page 56

Again, that was just a taste. Send for your **FREE-Preview** copy of **HEALING REMEDIES** and dig into a smorgasbord of remedies and cures—all yours to try for 30 days without cost or obligation.



The Healing Hall of Fame Most Likely to Save Your Life: Onions

NAME: Onions (*allium cepa*)

WHY THEY WORK: Onions (along with garlic, leeks, shallots and chives) contain allicin—nature's own penicillin. Besides fighting both bacteria and viruses (antibiotics work *only* on bacteria), **HEALING REMEDIES** shows how they also lower cholesterol, enlarge your blood vessels (preventing heart attack or stroke), and neutralize cancer-causing carcinogens.



WHAT THEY FIX:

Age spots (page 29), asthma (20), athlete's foot (87), bruises (28), burns (30), calluses (85), colds (41), constipation (48), coughs (50), earaches (65), fever (42), hair loss (93), insomnia (164), itching (144), laryngitis (45), migraines (106), nausea (137), nervousness (177), pimples (155), enlarged prostate (222), sinus headaches (154), splinters (161), stomach cramps (128), stress (53) and toothaches (182).

"Cole Slaw Cure" Soothes and Repairs Stomach Trouble

Hate stomach pain? Love cole slaw? You're in luck!

Recent research has proven that cabbage can cure a wide range of stomach problems.

Big news for us here in the U.S. Old news for the rest of the world, because other countries have long embraced cabbage as powerful medicine.

Cabbage is rich in *glutamine*, an amino acid that actually repairs ulcer damage. Plus, it contains *gefarmate*, the active ingredient in anti-ulcer drugs that strengthens your stomach lining.

Cabbage is used in so many great dishes, you're sure to find a delicious way to enjoy it!

But for *best* results, you should drink



fresh cabbage juice (see page 189). Test groups of juice drinkers reported speedy disappearance of ulcers and stomach pain!

You'll definitely want to keep plenty of cabbage around, because in **HEALING REMEDIES** you'll find out

that this curative crucifer has even more magic "up its leaves."

► The *terrible*-tasting cabbage tea that stops scary heart palpitations. Page 109

► A cabbage cocktail that cures hangovers. On page 62.

► Defeat menstrual cramps fast with cabbage. Ends bloating, too! Page 233

► The amazing cabbage migraine cure that many (former) sufferers swear by. Page 106

U.S. Army Uncovers Surefire, All-Natural Allergy Defense

Asneezing, red-eyed soldier isn't much good to anyone.

And antihistamines, since they make you drowsy, are out of the question for someone with his finger on a trigger or driving a 300-ton tank.

That's why the Army tested honeycomb for our fighting men and women. They were astonished to find that chewing sweet, delicious honeycomb quickly returned



soldiers to uncongested, clear-eyed, fighting trim.

But you don't have to enlist. Honeycomb is available at some supermarkets and most health food stores.

And if you'd rather not develop allergy symptoms in the first place, **HEALING REMEDIES** is packed with

great ways to *prevent* allergies with simple, everyday foods.

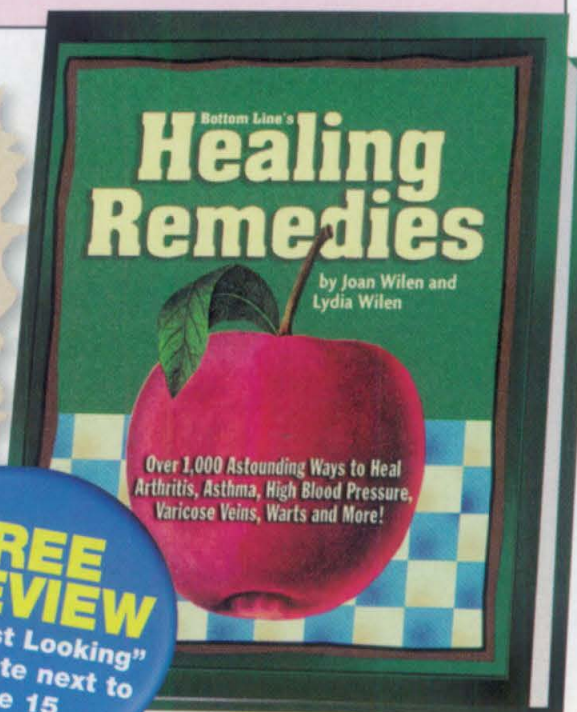


"Healing Remedies is one of those select books I consult repeatedly. Some of the cures/helps were familiar to me, but many others are new and helpful. As a result, **I am**

more relaxed about and have confidence in applying these natural aids compared to taking prescription drugs which often carry dangerous side effects."

— Mary A. Somogy
Chicago, Illinois

FREE PREVIEW
See "Just Looking"
Certificate next to
Page 15



When Your Kitchen Cabinet Beats the Medicine Cabinet

► Before you spend your life savings on prostate drugs such as Proscar®, check out the seeds that **both** heal your prostate **and** trigger production of powerful sex hormones. Page 225



► Prevacid® and other acid-suppressing drugs can actually *cause* stomach pain. Instead, **prevent** heartburn simply by chewing gum. Details on page 127.

► Native American arthritis remedy is **better than cortisone...** without the nasty side effects. Research study confirms. Page 15

► Before you buy an expensive antibiotic cream, see page 87 for your free cure for athlete's foot.

► Deep-six the Dramamine®. Get quick, drug-free ways to prevent motion sickness on page 138.

► Visine® "gets the red out," but doesn't do a thing about the root cause of your problem. Instead, **fix the source** of your dry eyes. See page 80.

► Stop drying out your skin with acne creams. Powerful fruit erases blemishes overnight. Page 155

► Pass on the patch. This herbal tea actually tells **your brain** you **don't** want a cigarette. Cost: Pennies. Result: Priceless. Page 171

Plus this FREE Gift
That's Yours to Keep
(See page 15...)



YOURS FREE to Keep!

Eat these tiny, tasty seeds to... Flush Away Fat Forever

The Wilen Sisters live in New York City where, they say, there must be at least one great restaurant for every six people.

So you can imagine how challenging it is for them to stay in shape! (Plus, they complain, they always look 10 pounds *heavier* on television!)

That's why they were so glad to discover the amazing fat-busting power of fennel seeds—those sweet, tasty seeds Indian restaurants serve after meals.

For years, people have known fennel is great for weight loss. In fact, the Greek name for fennel comes from their word for "to grow thin."

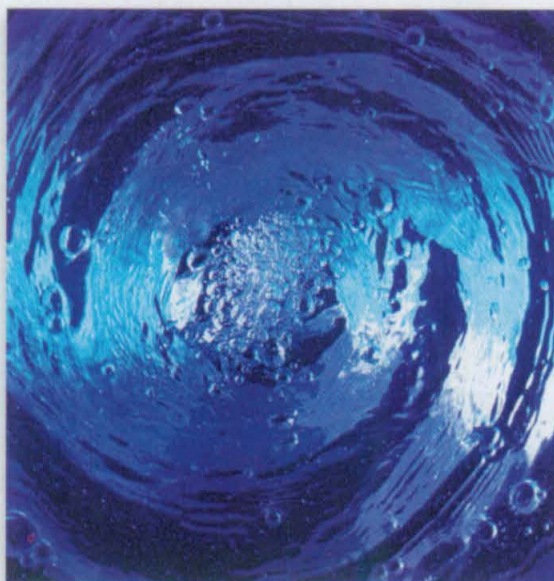
Scientists now know fennel works by breaking down fatty substances and throwing them off as waste.

Before Atkins®, South Beach®, spas or plastic surgery, people, on their own, found *very* effective, natural ways to lose weight *and* to look great.

You'll probably never hear about these time-proven, low-cost, look-and-feel-better techniques—because there's no money to be made from them. But you'll find hundreds of them in **HEALING REMEDIES**. For example...

"Grind" Away Cellulite

To get rid of ugly cellulite, grab a coffee grinder...and grind up some flax seeds. They're full of skin-healthy omega-3 oils, and are delicious on cereals, salads or plain. A former model used



Your body breaks down the fat and down the drain it goes.

them to *completely* eliminate her unsightly problem. (Details on page 204.)

And here's more...

- ▶ **Lose 10 years in half an hour.** Simple wrinkle-erasing mask tastes like dessert, works like magic! You'll actually feel it tightening. Page 162
- ▶ **Get back the energy of your teenage years!** Powerful seeds kept Native Americans alert during hunts. Page 83
- ▶ **Dirty little trick** restaurants use to get you to eat less. Use it to fool yourself into losing weight! Page 203
- ▶ **Natural "slim down" tea** from South America is an energizing tonic that both aids digestion and suppresses appetite. No wonder everyone on Rio's beaches looks *gorgeous*! Page 200

- ▶ **Snack addicts:** Move this everyday object into your kitchen and stop overeating. Really works! Page 202
- ▶ **Thin your thighs** with the fat-busting herb on page 204. Stimulates circulation and gets rid of impurities.
- ▶ **Lose a double chin**—without plastic surgery. Simple exercise you can do even while driving does it. Page 243
- ▶ **A willpower pill at last!** Natural supplement makes you feel full. Just take it 20 minutes before a meal. Page 201
- ▶ **Short-circuit your sweet tooth.** One woman completely eliminated her dessert cravings forever with the delicious drink on page 201.
- ▶ **Scandinavian wrinkle remedy** from a Swedish dermatologist. Skin becomes younger looking, smoother, and more wrinkle resistant. Page 263
- ▶ **A spa-quality facial** with just a piece of fruit. Details on page 242.
- ▶ **Healthier-looking, longer-lasting nails** *without a manicure*. Upscale New York salon reveals its secret. Page 101

★ **Hollywood eye makeup trick** makes aging starlets look younger. Takes *years* off your face instantly! Friends will accuse you of having gotten a face-lift. Page 243



- ▶ **Teeth-whitening fruit** could put many cosmetic dentists out of business. Revealed on page 184.
- ▶ **The one thing you *must* know** before you buy another skin-care product. Otherwise, you're most likely just wasting your money. Page 239
- ▶ **Lose the bags under your eyes.** Just do this before you sleep and look like a million bucks in the morning. Page 74

Want to look *and* feel young again? Don't pay hundreds—even thousands—of dollars, like some do. Don't part with even a penny. Simply send back the "Just Looking" Certificate next to page 15 and all this—and much more—can be yours.



The Healing Hall of Fame Most Time-Tested Cure-All: Vinegar

NAME: Vinegar (apple cider vinegar, white vinegar)

WHY IT WORKS: Packed with powerful enzymes, life-giving minerals, and bacteria-blocking acids, vinegar was one of mankind's first medicines. The ancient Greek physician Hippocrates swore by it. You'll find it in the Bible. Many early medical texts recommend it to ease pain. In **HEALING REMEDIES** you'll find this safe, gentle, inexpensive cure-all has *dozens* of healing uses—from pimples and toothaches to arthritis and heartburn.



WHAT IT CAN FIX:

Age spots (page 29), arthritis (13), asthma (18), athlete's foot (87), bad breath (187), calluses (85), colds (38), cold sores (114), corns (85), coughs (49), fatigue (82), forgetfulness (132), hair loss (93), headaches (105), heartburn (127), hives (145), indigestion (123), itching (144), laryngitis (45), leg cramps (135), nosebleeds (141), pimples (155), poison ivy (147), sore feet (84), sore throat (43), sprains (173), toothaches (181), varicose veins (195) and weight loss (201).

Russian Barbers Say "Nyet" to Hair Loss

Is your hair going from parted to departed?

Before it's "hair today, gone tomorrow," you should know that for thousands of years and all over the world, people have found ways to prevent and reverse hair loss.

Recent immigrants from Russia are spreading the word that many barbers there recommend a formula made up of honey, onion juice and, of course, vodka



(which stimulates blood supply to your scalp).

You'll get complete details on page 93 of **HEALING REMEDIES**, along with more techniques from around the world...

- ▶ to get your hair growing again...
- ▶ to darken gray hair without dying it...
- ▶ to naturally knock out dandruff...
- ▶ and even a way to wash your hair—*without water!*

First Aid From Your Fridge!

Quick, Right-at-Hand Relief for Cuts, Burns, Bruises, Stings and Splinters

Instantly stop a paper cut from hurting? Painlessly remove a splinter? Erase bruises? Relieve a burn, sprained ankle, black eye or bee sting?

Just head for the fridge!

For example, to numb that paper cut, clean it with lemon juice (a great germ killer), then dip it in powdered cloves. This will immediately numb the pain—quicker than Novocaine®.

In **HEALING REMEDIES** you'll find a powerful arsenal of all-natural cures for life's emergencies—and most are already right there in your fridge.

For example:

- ▶ Erase unsightly bruises with a piece of fruit. Works like magic! Page 28



Your refrigerator:
The world's best—and handiest—first-aid kit.

- ▶ Instantly numb the pain of a bee sting with the ordinary vegetables on page 7.

- ▶ Painlessly remove a splinter—with a cherry tomato. No more tweezer torture. Page 161

- ▶ Best way to cool a burn. Forget about ice or aloe—reach for the common vegetable on page 30.

- ▶ The painkiller produce. Great for sprained ankles and pulled muscles. Page 173

- ▶ Black eye? Never use a steak—that's actually *dangerous!* Instead, reach in the fridge for a... (continued on page 29)

- ▶ Stop a nosebleed in its tracks with this common condiment. Its slight acidity instantly seals the broken blood vessels. Page 141

Discover the Healing Power of Your Favorite Dishes



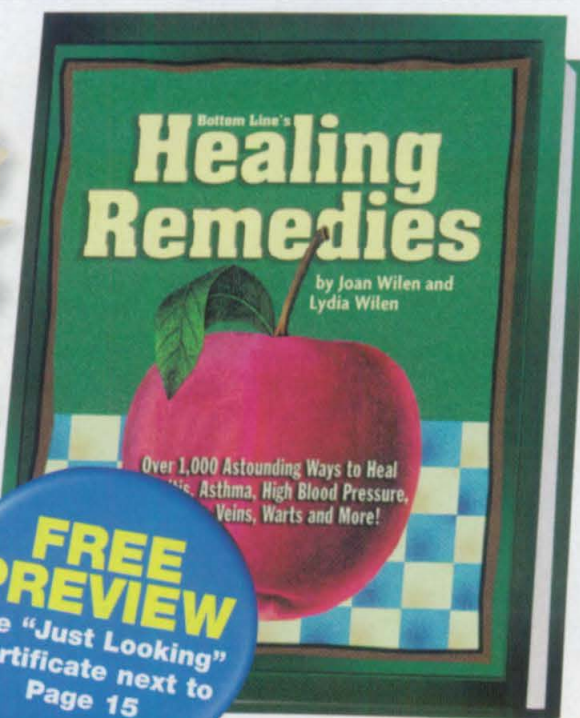
- ▶ Lifesaving deli sandwich can prevent heart attacks and strokes. Page 21
- ▶ Reduce dental pain and discomfort! Just enjoy some pineapple first. Details on page 182.
- ▶ Caught a cold? Fry up some onions. Page 41
- ▶ Turn your salad into a powerhouse, immune-system builder with six times more vitamin C and eight times more beta-carotene. Just by choosing the right lettuce. Page 294
- ▶ Heal a hangover by ordering up the breakfast special on page 61.
- ▶ Halt hacking coughs with the delicious spiced beverage on page 50.
- ▶ Avoid excruciatingly painful kidney stones. Just make asparagus your vegetable of choice. Page 193
- ▶ Boost your sex life with a clam-bake. Page 151
- ▶ Get rid of your wrinkles at breakfast! These two early-morning favorites both erase and prevent unsightly lines. Page 162
- ▶ Don't cut back on spices when you have indigestion. Instead, season your food with the many spices that cure it on page 124.



"Your paper cut remedy sounded crazy. But then I got a cut that kept hurting, so I tried it.

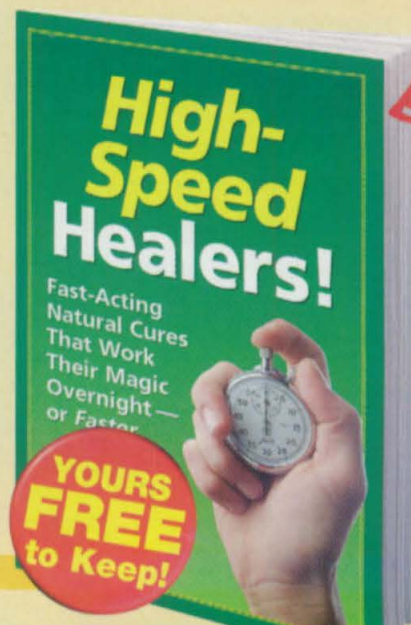
The cut stung a few seconds and then the pain was completely and permanently gone. Amazing!"

— David Lee
Richmond, Virginia



FREE PREVIEW
See "Just Looking"
Certificate next to
Page 15

Plus this FREE Gift
That's Yours to Keep
(See page 15...)



Cleopatra's "Love Snack" Ensured She Was Always In The Mood

Cleopatra's passionate affairs with Caesar and Mark Antony kept ancient Egypt from being trampled by the great Roman juggernaut.

How did she always keep herself ready for passion? (You can't tell Caesar, "Not tonight, dear, I have a headache.")

Her secret was a Middle Eastern treat called *halvah*, made with sesame seeds and honey.

Today, scientists have found that sesame seeds are loaded with magnesium and potassium, while honey is packed with asparic acid—all known to help women overcome a lack of lust.

Finally—a sweet treat women can enjoy without feeling guilty! And it's easy to find at most supermarkets.

(And men needn't worry about keeping up. You'll find plenty of passion-generating, performance-enhancing secrets for you as well—below, and in the "For Men Only" box on page 11.)

Since 4000 B.V. (Before *Viagra*®), people have found natural ways to increase their passion, stamina and enjoyment. Why have so many of them survived for hundreds—even *thousands*—of years?

Because these remedies work! They're inexpensive, and don't have the nasty side effects of drugs or hormone replacement therapy. And the Wilen Sisters have filled **HEALING REMEDIES** with dozens of them, because good sex is an important part of a healthy lifestyle.

Just look (if you dare)...

- ▶ **Everyday vegetable that's a better aphrodisiac than oysters.** Page 151
- ▶ **Casanova's "love potion."** Revealed at last on page 231.
- ▶ **Absolute best time to have sex.** An incredible experience awaits you both since male hormone levels at this time are through the roof! Page 150
- ▶ **Longer-lasting, more pleasurable, and more passionate sex...starting tonight!** Simple technique on page 226.
- ▶ **Libido-raising bathtub soak sends both your sex drives soaring.** Enjoy it together for a night neither of you will ever forget! Page 152



With the fate of Egypt at stake, she couldn't afford to lose her passion.

- ▶ **Natural "Viagra" for couples!** Arousing tea reignites passion. Page 150
- ▶ **"Better-sex shake"** will stir up your love life. Recipe on page 153 is the secret weapon of leading sex therapists.

Before Dr. Ruth or Dr. Phil, remedies like these were helping men and women enjoy better relationships.

Interested? Who wouldn't be? Don't be shy. Simply return the "Just Looking" Certificate next to page 15 for your free 30-day look at **HEALING REMEDIES**.

Your Own Private Pharmacy Right In Your Own Home!



- ▶ **Got insomnia?** Get the nutmeg and get to sleep. Quickly! Page 163
- ▶ **Diarrhea?** Burn some toast. Page 57
- ▶ **Bad breath?** Quick fix costs next to nothing. Also aids digestion! Page 186
- ▶ **Nature's antiperspirant.** Already on your vitamin shelf. Don't just cover up odor—fix the *cause*. Page 27
- ▶ **The "Alka-Seltzer"® of the Roman Empire.** Fast-acting herb works just as well today. Page 277
- ▶ **End painful boils with nothing but a hard-boiled egg!** Page 158



- ▶ **Cure a headache with salt.** (People from Japan swear by it.) Page 102
- ▶ **No toothpaste?** What to eat to kill tooth-eating bacteria. Page 184



The Healing Hall of Fame

Mediterranean Fountain of Youth: **Olive Oil**



NAME: Olive oil (*Olea europaea*)

WHY IT WORKS: Called "liquid gold" by the ancient Greeks, olive oil is a potent, vitamin-rich elixir. In **HEALING REMEDIES** you'll see how, in a heart-healthy double whammy, it slashes bad cholesterol while boosting the good. What's more, after a fatty meal, olive oil thins your blood, preventing clots that cause strokes and heart attacks. It reverses aging by replacing weak cells with stronger ones. On skin, it's a rejuvenating

moisturizer that can prevent skin cancer. It can help you lose weight, stop asthma and arthritis, and help regrow hair.

WHAT IT CAN FIX:

Acne (page 154), back pain (25), calluses (85), cholesterol (23), constipation (48), cough (49), earaches (64), ear infections (65), eyes (irritation of) (73), frostbite (89), hair loss (92), hearing loss (68), indigestion (124), jellyfish stings (8), rough hands (99), scalded throat (32), scars (160), sun-abused skin (176), swimmer's ear (66), ulcers (189), warts (197), weak fingernails (101) and wrinkles (161).

This "Apple of Love" Makes Old Men Young Again

For MEN Only

Could eggplant be the world's oldest Viagra?

In the 10th century, men went to India's Temple of Khajuraho to study carvings that showed every position of lovemaking.

To get the strength to try these positions, they ate an eggplant dish said to "make old men young again" (the recipe is on page 225).

In the 16th century, Spaniards called eggplants "apples of love." And in Turkey, they say a man won't marry a woman unless she can cook

eggplant 100 different ways!

Anything passed down for over a thousand years—in many different cultures—must be some pretty powerful stuff. (And it's far safer and less expensive than Viagra!)

Check out **HEALING REMEDIES** for a man-sized portion of do-it-yourself ways to reinvigorate your powers...

► **Pump up your sexual potency** with this invisible, do-it-anywhere exercise. Page 151



► When you should *never* have sex. It could have dire consequences. Page 223

► Physical impotence...or just stress? Simple, do-it-yourself test on page 224 gives you the answer—overnight.

► Prostate problems? Have more sex. Doctor's orders. See why on page 223.

► Vocal trick that literally *magnifies* your sexual energy. Page 225

► Times when your erection is strongest. *Bonus:* It's also when you'll feel the most sensation. Page 226

► Boost testosterone levels (*very important for virility*) and relieve prostate swelling. Amazing supplement on page 221 is a must-have for most males.

For WOMEN Only

How Women Through the Ages Have Defeated Female Problems

Wonder Woman® never worried about cramps or hot flashes. If only all women were so lucky!

Thankfully, **HEALING REMEDIES** brings you centuries of feminine healing wisdom to help overcome the health issues that go with being a woman. Many of these cures have helped generations of women—and are just as effective today.

► The amazingly effective bee pollen aid for menopause. Find out why Viennese gynecologists are crazy about it for their patients. Page 236

► Put an end to cystitis—with corn silk. Page 230

► Rev up your libido with a trip to the candy store! Common confectionary ingredient gives you an all-natural hormonal boost. Page 230

► Cure painful breast inflammation with cabbage leaves. Really works! And fast. See page 231.

► Cool down a hot flash! See the herbal remedy thousands of European women swear by on page 236.

► Stop unpredictable menstrual cycles. Vegetable on page 232 "resets" your monthly clock.



► Quick fix for a heavy period. Fast-acting herb normalizes menstrual flow and slows bleeding. Page 233

► Four things most women do that promote the spread of varicose veins. There's a good chance you're doing one of them right now! Page 195

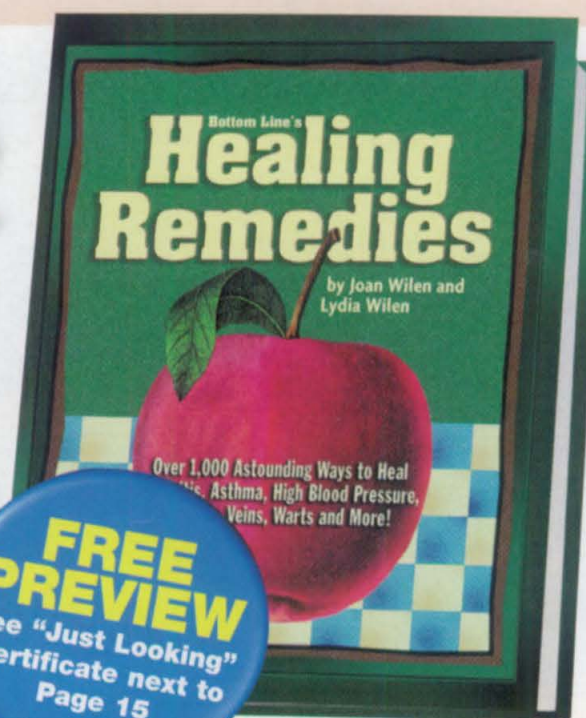
► End PMS mood swings, tension, headaches and cramping—with just two cups of yogurt a day. Page 234



"It's fun, useful and complete. I just love your book

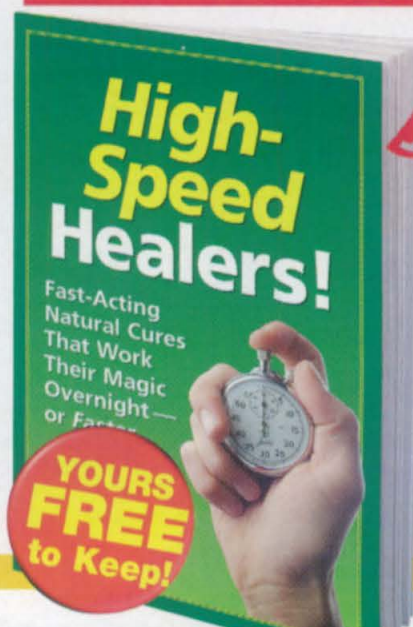
and keep it by my side all the time!"

—Wally Lampson
Albuquerque, New Mexico



FREE PREVIEW
See "Just Looking"
Certificate next to
Page 15

Plus this FREE Gift
That's Yours to Keep
(See page 15...)



YOURS FREE to Keep!

Japanese Doctor Proves It... Backyard Herb Cures Memory Loss

Think you have memory challenges? Imagine memorizing all those complex picture-characters in Japanese writing.

Maybe that's why hundreds of Japanese patients were so grateful recently when a doctor reversed their short-term memory loss with a simple tea made from the herb eyebright.

While eyebright as a memory booster is new, its power to help vision has been famous since the 14th century. It strengthens the optic nerve, making it less vulnerable to glaucoma. This nerve-boosting may also help the brain which, after all, is made up of nerve cells.

Eyebright can be grown in your backyard or garden, but it's easier to just remember to get some supplements. (You'll find full details on page 132 of **HEALING REMEDIES**, along with lots more memory magic.)

HEALING REMEDIES isn't just about healing your body. Many of our favorite remedies are great for your mind, memory and emotions as well.

For example...

► **Banish stage fright and nervousness** instantly with an easy, one-minute technique you can do anywhere. Page 179

► **Vegetable that helps heal a broken heart.** If you've lost someone you love, you need to know about its almost magical emotion-healing powers. Page 55

► **Better than coffee.** For centuries, this delicious beverage has given users more energy, *plus* better memory and concentration. Won't give you the jitters or keep you up at night. Page 131

► **Almonds improve your memory.** But they must be the kind on page 132.

► **Instantly lift your mood** with a whiff of this citrus spirit-booster. Page 54

► **Cut stress and anxiety**—by changing the color of your kitchen. Page 177

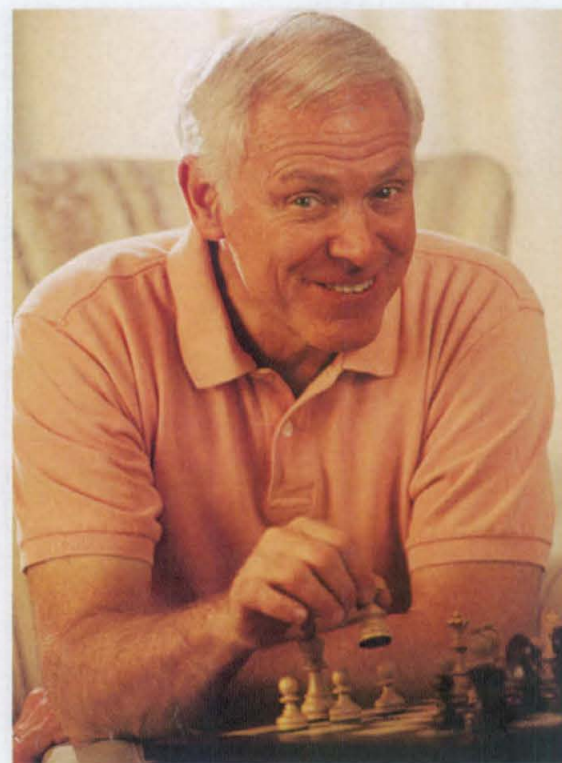
► **Type of paper that *forces* your brain to remember more.** Page 133

► **Best way to keep yourself awake on long drives.** (It's *not* coffee!) Page 82

► **"Smart pill" supplement** actually trains your brain to concentrate and focus. Page 131

► **Disorganized?** That same "smart pill" supplement comes to the rescue again.

In **HEALING REMEDIES** you'll find dozens more ways to beat stress, tension, insomnia, depression and more—along with dozens of ways to improve



"Now all I have to remember is to take my eyebright!"

your memory and sharpen your mental edge. All without expensive, dangerous, and potentially addicting drugs.

Get them all with no cost or risk—simply mail back the "Just Looking" Certificate next to page 15. Don't forget! *Do it today!*

Potent Seasoning Blocks Alzheimer's and Cancer

Worried about Alzheimer's? Who isn't these days? It's a terrible and devastating disease.

That's why you should know that one of ginger's many claims to healing fame is that it blocks nasty COX-2 enzymes, which are thought to cause the inflammation and nerve damage seen in Alzheimer's.

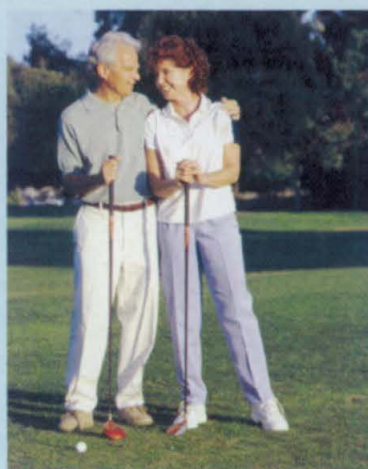
COX-2 is also associated with colon, skin and other cancers—making



blocking it all the more important.

Amazingly, this is just *one* of the incredible healing powers of ginger.

Beginning on page 274 of **HEALING REMEDIES**, you'll find 18 *different ways* it can dramatically improve your health—as a proven treatment for insomnia,



nausea, parasites, infections, high cholesterol, obesity, arthritis, stroke and heart-attack prevention, allergies, low sex drive, ulcers and aging.

You can take ginger supplements. But you can also enjoy ginger ale...ginger snaps...ginger candy...ginger-bread...or delicious Chinese ginger chicken.



The Healing Hall of Fame

Sweet Secret Weapon: Honey



NAME: Honey (*mellis*)

WHY IT WORKS: That sweet stuff in your tea is such a ruthless germ-killer that Australia classifies it as a medicine! In **HEALING REMEDIES** you'll see how its antibiotic and infection-fighting power make it ideal for quick first aid

(British researchers proved it actually works *better* than many medicated ointments). Taken internally, it really lets loose—driving out toxins, boosting energy and helping grow healthy tissue. No wonder it can cure or relieve everything

from heartburn and headaches to insomnia, cataracts and emphysema.

WHAT IT CAN FIX:

Acne (page 155), arthritis (13), asthma (19), athlete's foot (87), boils (158), burns (31), colds (38), cold sores (114), coughs (49), cuts (160), diaper rash (218), dry mouth (180), emphysema (69), hangovers (61), headaches (105), heartburn (127), indigestion (123), insomnia (167), laryngitis (45), leg cramps (135), low sex drive (230), migraines (106), night blindness (76), sinus congestion (153), sore throats (44) and stings (7).

"Prozac" on Your Spice Rack

Next time you feel down, reach up—for some oregano. It can ease a depressed, heavy-hearted feeling.

Many other spices, herbs and foods can help improve your outlook on life. Sage and chamomile teas calm you down. Peppermint



tea relieves moodiness. And onions are able to eliminate nervous anxiety—but only if you put them on the right spot.

You'll find out about all this and more in **HEALING REMEDIES**, including:

► The natural sedative that works just like Valium®—but without its harmful side effects and potential for addiction. Page 178

► What *never* to consume if you're depressed. Avoid it and you could clear the problem right up! Page 53

► Delicious fruit with a feel-good brain chemical—the exact same chemical expensive, best-selling antidepressants try to increase. Page 53

WACKY CURES That Really Work!

(They sound crazy, but you can't argue with *success*!)

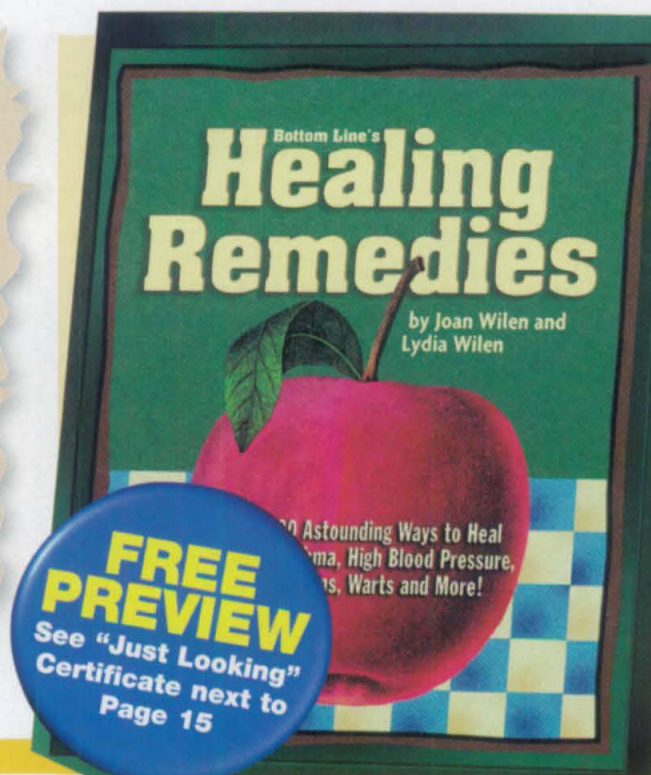
- Rejuvenate lifeless hair—with mayonnaise. Page 94
- Stop a toothache with just a small piece of pork fat. Pages 180–181
- Put an end to your dry hands with a trip to a farm or petting zoo. Page 100
- Calm your nervous system—with clothespins. Page 179
- As a last resort, cobwebs stop bleeding *instantly*. Page 157
- Improve your eyesight—with a gold earring. Page 78
- Outrageous "beach-in-your-backyard cure" ends arthritis pain. Pages 15–16
- End sweaty feet with a breakfast cereal. Page 88
- Bite a pencil to lose your hiccups. Page 117
- Improve your hearing...by pinching your finger! Page 68
- Ease stomach upset with a hairbrush. Page 123
- "Blue ink and cigar cure" for ringworm. Page 146
- End snoring—with a tennis ball. Page 169



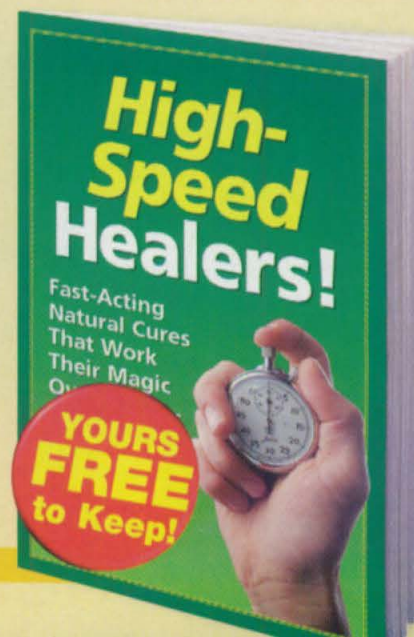
"I can't say enough about the valuable service you ladies are providing to humanity. I have turned to you for guidance

on many occasions, and have enjoyed the pleasure of seeing you on TV over the years. Keep up the good work!"

— Nancy J. Collins
Palm Beach Gardens, Florida



Plus this FREE Gift
That's Yours to Keep
(See page 15...)



1,714 Miracle Cures and Quick Pain Relievers —Waiting in Your Kitchen!

Just Return This Card Now to Sample Every One!
With **No Risk. No Obligation. No Money to Send.**

Dear Soon-to-Be-Amazed-
and-Delighted Friend,

"Your remedy saved us a doctor visit and a chemical cure. We can't wait to try another one."

That's from a grateful letter Arlene Jones wrote to the Wilen Sisters, after their "red apple remedy" cured her son's eye infection.

Arlene also tells how she took vitamin C before having some wisdom teeth pulled—and had no swelling afterward. (I wish I had known about that when I had mine done. My mouth swelled so much my wife barely recognized me!)

CAUTION: These Cures May Be Habit Forming

Arlene "can't wait to try another" cure. And you, too, may find the cures in **HEALING REMEDIES** habit forming. For once you've seen a minor emergency fixed with a quick "kitchen cure"...or fixed a long-standing health problem with a remedy that's been passed down

for generations...you've got to try another.

And another. And another.

And why not? They're all safe, free (or darned close to it), convenient, and sure beat spending your hard-earned money to cool your heels at the doctor's office so he can see you for five minutes and write you an expensive prescription.

Instead, like Arlene and so many others, you now have a better way, thanks to **HEALING REMEDIES**. A way of natural, right-at-hand cures—the kind people around the world have relied on for thousands of years.

Best of all, you don't have to send a cent to get your copy of **HEALING REMEDIES**. I'm that sure you're going to love it! Because now you, too, will be able to...

- ✓ **Cure long-standing health problems**—safely, naturally and inexpensively—with items already in your home (or at your supermarket).
- ✓ **Turn your kitchen into a powerful**

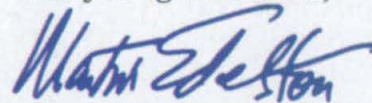
arsenal of first-aid relief that's fast, effective, and always right at hand.

- ✓ **Save hundreds—maybe even thousands—of dollars** on doctor bills, prescriptions and over-the-counter drugs.
- ✓ **Look and feel younger and more energetic** thanks to dozens of natural ways to erase the signs of aging.
- ✓ **Take control of your health.** (It's a wonderful feeling.)
- ✓ **Help those you love.** (An even better feeling.)

I've made getting your copy of **HEALING REMEDIES** as easy and risk-free as possible. All you need to do is return this card in the postage-paid envelope. No money to send. No risk taken. No obligation incurred.

So why not send it in right now—while you're thinking of it?

For your good health,



Martin Edelston, Publisher
BOTTOM LINE BOOKS

Why America Loves the Wilen Sisters

Joan Wilen and Lydia Wilen have astonished millions with their many best-selling books, countless magazine articles, and much-watched appearances on such popular TV programs as NBC's *Today Show* and CBS's *This Morning*.

Growing up, their great-aunt was the town herbalist. They never got colds. Their parents protected them with camphor—plus honey and lemon for sore throats, sugar water for hiccups, horseradish to clear sinuses, garlic for a whole bunch of things, and chicken soup



for everything else.

As adults, their love affair with natural and folk remedies continued. They became journalists and used their investigative skills to uncover the best natural and folk remedies in the world. And they wrote about them

in a way that's easy to understand and enjoyable (dare we even say *fun*?) to read.

Do their amazing healing remedies really work? Now's your chance to discover what all the excitement is about. Without risking a dime...



"I recommend **HEALING REMEDIES** to anyone who wants to learn more about the natural cures and folk remedies people have relied on for centuries—

but modern medicine has forgotten.

Packed with useful advice and greatly engaging. A new look at a wide variety of health problems."

—**Dr. Jamison Starbuck**

Past president of the American Association of Naturopathic Physicians

Dozens of Fast-Acting Natural Cures That Work Their Magic Overnight (or Faster) So You Can...

Wake Up Well!

All yours absolutely **FREE**—just for taking a no-obligation, send-no-money look at **HEALING REMEDIES**...

No one likes to wait. Especially when you're in pain or suffering from an ailment of any kind.

So we searched high and low for the fastest cures on the planet.

Some work instantly. Some in a few minutes. Others work their amazing magic overnight. Yet they're all natural, safe and inexpensive.

We've brought them all together in a special brand-new report that's yours free to keep—just for taking a look at **HEALING REMEDIES**.

Don't miss this fast, healing relief...

- ▶ **Two-minute, do-it-yourself pain remedy.** Works when drugs, physical therapy or surgery fall short.
- ▶ **30-second sinus relief.** Just pressing this spot will have you breathing easier in less than a minute.

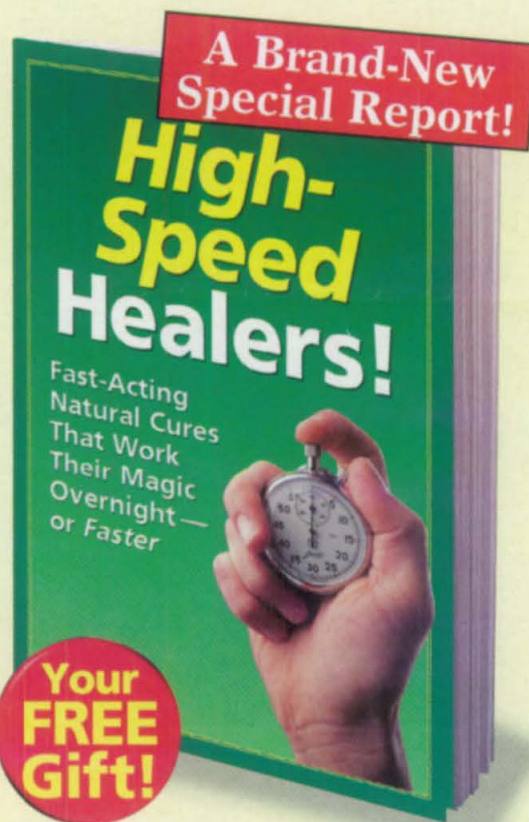
▶ **Look 10 pounds thinner instantly.** Yes, *instantly!* Doctor's simple, easy-to-follow advice is something you could do *right now*.

- ▶ Ugly vegetable soothes a painful burn *immediately*.
- ▶ Spice stops bleeding in *seconds*. Just a dab triggers clotting and healing.

And that's just for starters!
There are many, many more...

- ▶ End agonizing bee sting pain *right away*—with Alka-Seltzer!
- ▶ Heal achy joints *overnight!* While you sleep, this compress works like an "oil change for your joints."
- ▶ World's fastest insomnia cure. Amazing Asian remedy literally pulls stress out of your head to make you sleep.

- ▶ Magic words that *instantly* lower your blood pressure.
- ▶ Fat-busting bath. Add these essential oils to *immediately* tighten your skin and attack cellulite.
- ▶ Neck pain vanishes just like that with a simple chin push.



- ▶ Enjoy five minutes of daydreaming to remember more and process it better.
- ▶ *Instant* energy surge. Nothing to eat, drink, take or do. Yet it works virtually every time.
- ▶ Four-minute fix for lower back pain. Easy to do at home or at the office.
- ▶ Drug-free asthma relief in *seconds*.
- ▶ Relieve a leg cramp in *less than a minute* without rising from your chair.
- ▶ Wake up and your blister's healed. Sports doctor's simple technique.
- ▶ Stop arthritis pain in *seconds*—with plastic grocery bags.

- ▶ Best way to head off a headache. All natural, yet proven to work *30 minutes faster than ibuprofen*.

- ▶ Tasty condiment clears your head *instantly*. Same active ingredient as in decongestants—but *works much faster*.

More Quick Relief Cures...

- ▶ End carpal tunnel pain with a few quick, but gentle twists of the wrist.
- ▶ Quick cure for claustrophobia. Just one sniff does the trick.

▶ **Overnight heartburn relief** with one simple adjustment to your bed.

- ▶ Put an end to toothache pain *right away!* You'll always want to have toothpicks and this special oil on hand.
- ▶ World's quickest and most relaxing immunity booster also creates a remarkable sense of well-being.
- ▶ Cut allergy symptoms in half...in just the time it takes you to consume this common breakfast drink.
- ▶ Quick hiccup cure from your freezer.
- ▶ Instantly halt a sugar craving. Simple rinse *shuts off* your sweet tooth.

Remember: This brand-new report is your **FREE**, no-strings-attached special gift—just for taking a look at **HEALING REMEDIES**.

◀ **Just return the card at left within 10 days and this special FREE gift is yours to keep—no matter what!**

Kitchen cure #97...



Tiny, tasty seeds *force* your body to cast off fat and naturally eliminate it.

See page 8 inside...

Proven on
TV!



▲ **The Wilen Sisters — Joan and Lydia** — are tireless health investigators. They have astonished millions with their amazing “cures in the cupboard”—through their best-selling books, and with their eagerly awaited appearances on numerous national TV programs such as NBC’s *Today Show* and CBS *This Morning*.

Do their do-it-yourself healing miracles really work? Look inside and see for yourself what all the excitement is about...

INSIDE:



► **Recipe from India makes old men young again.** Inside on page 11.

► **Prozac on your spice rack.** Common spice can reverse depression. Page 13

► **Everyday vegetable sends blood pressure plunging.**

Inside on page 5.



► **“Cookie cure” for diarrhea.** Ended one woman’s 12 years of suffering! Page 6



► **Potent seasoning can block both cancer and Alzheimer’s.** Page 12



► **Unclog your arteries.** Just add this secret ingredient to your morning glass of orange juice. Page 5

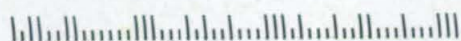
SPECIAL BONUS GIFT

No Money to Send. No Obligation.
See Page 15 Inside...

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High-Speed Healers!

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That Work
Their Magic
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or Faster

