

Quick Fixes

- Constipation. Eat one ripe kiwi after breakfast and one after dinner. Eat the skin too, triples the fiber and the amount of vitamin C. So much easier than exercising, laxatives, etc., especially exercising, anything is better than that!
- Bug bite relief. Use two 25mg. capsules, or crushed pills of Benadryl and mix into a small amount of 1% hydrocortisone cream. Works better than any prescription drug. Fire Ant bite help? Hope so, I hate those little suckers!
- Osteoporosis. Scientists at FSU (you go Florida!) call prunes “the most effective fruit in preventing and reversing bone loss.” Eating 5 or 6 prunes a day is protective. How simple and tasty. It probably works because you strengthen your bones as you use them and you would definitely be using them running back and forth to the bathroom all day.
- Tinnitus. 35 million Americans suffer from this inner-ear problem which is buzzing, ringing, humming, hissing, or clicking sounds. Take zinc and niacin. 25mg of zinc 1x a day, and 50 mg of niacin 2x a day. Zinc levels are highest in the inner ear, and low levels may affect hearing. Niacin may improve circulation to the ear. This combo can relieve tinnitus within 2 weeks or less. Great!



What about helping to get rid of that song that gets stuck in your head?