



Harness the amazing healing power of honey!



Did you know that this sticky sweetener has been used for more than 4,000 years to treat ailments ranging from wounds to diarrhea? It's true!

From the desk of Charlotte Garner

Dear Customer,

I remember visiting my great-grandma in the Appalachians as a little girl. And when I took a spill and scratched myself up, I wanted to go to the doctor right away!

Instead, Nana did the strangest thing ... she smeared honey all over my cuts. She said it would heal me up and stop infection. And you know what? I never did have to go to a doctor or take antibiotics.

Years later, I read about honey in *The Country Doctor Handbook: Old-Fashioned Cures That Prevent and Reverse Pain, Obesity, Heart Disease, Cancer, Diabetes and More*. Modern scientists have discovered, my Nana was right!

The book has plenty more folk remedies that have been supported by modern research, like ...

- **Vinegar** for bug bites, dandruff, food poisoning, and varicose veins;
- **Olive oil** for breast cancer, high blood pressure, memory loss, and arthritis;
- **Fiber** for constipation, high cholesterol, and weight loss.

And that's just a few of the health-enhancing folk remedies in this book! I have no doubt you'll find plenty to help you improve your health right away.

Sincerely,

Charlotte Garner

P.S.

If you read nothing else, please read the information about amazing natural remedies on page one. You'll be glad you did!



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Harness the amazing healing power of HONEY!

Did you know that this sticky sweetener has been used for more than 4,000 years to treat ailments ranging from wounds to diarrhea? If so, you get an A+ in "Folk Remedies 101." Now take this quick test and see what else you know about natural cures ...

True or False?

- T** **F** You can lower your cholesterol painlessly with tomato juice. [page 90]
- T** **F** A squirt of mustard stops muscle cramps FAST! [page 245]
- T** **F** A sprinkle of salt in your hair before shampooing ... can get rid of embarrassing dandruff. [page 288]
- T** **F** You can prevent cataracts and strengthen your eyesight ... with tuna. [page 55]
- T** **F** A dab of horseradish fights tooth decay and protects your pearly whites. [page 323]
- T** **F** You can get over 1,001 genuine, all-natural and proven effective health remedies in one remarkable book - absolutely free!

Dear Customer,

You may find it hard to believe, but every one of the natural cures and folk remedies named above is ...

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... **absolutely TRUE!**

Just imagine ...

- **Treat your kidney stones** ... with bananas instead of painful drugs. Instructions are on page 219.
- **Fight prostate cancer** ... with pumpkin seeds. Experts on page 279 say it works!
- **Get rid of a sty or cyst** ... by reaching for a hard boiled egg instead of messy over-the-counter ointments - turn to page 367!
- And munch on a crunchy, delicious apple a day ... to **keep your asthma at bay!** Unbelievable, but true - on page 38.

Yes, you can discover over 1,001 all natural ... highly effective ... scientifically proven ... cures, folk remedies and natural treatments in one massive publication called ...

... The Country Doctor Handbook: Old-Fashioned Cures That Prevent and Reverse Pain, Obesity, Heart Disease, Cancer, Diabetes and More.

And here's what's even more unbelievable ...

... You can sample these tried and tested cures **ABSOLUTELY FREE** for 30 full days. See for yourself and discover:

- **How to soothe painful swollen gums** ... with a tea bag? You bet! See page 136.
- **Nature's astounding memory booster** - and it's right in your kitchen cupboard! Turn to page 17.
- **You know the famous maneuver that works for choking, right? Guess what** - it works for asthma attacks too! Turn to page 37 for instructions.
- **5 depression busters that require No Drugs ... No Doctors ... and No Vitamins.** No kidding! See page 80.
- **Why you should know about this all-natural "Russian Penicillin"**. Military studies prove it kills bacteria, molds, viruses, yeasts and parasites! See page 65.

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🌿 Pick nature's all powerful hydrocortisone cream - right from your garden. European studies prove it's as effective as the drug! Turn to page 10 for details.

🌿 Munch on this tasty veggie every day and watch your blood pressure go down ... Down ... DOWN! Just as effective as drugs - but with no side effects. See page 180.

Experts say that celery contains a chemical that can lower levels of stress hormones in your blood. This allows your blood vessels to expand, giving your blood more room, and reducing pressure.



🌿 Quick relief for constipation: Mix a tablespoon of honey with (named on page 75.) Tastes good and works FAST!

🌿 You may already use vinegar to clean your kitchen - but add a few drops of (named on page 126) and you'll get TRIPLE ACTION germ-killing strength for your entire house! Research proves it's true!

🌿 Munch on these tasty snacks and slash your risk of breast cancer by over 60%! The more you eat ... the better you'll feel! Turn to page 50.

🌿 How to spot a potential heart attack before it happens! Doctors often miss this important sign - but you won't when you turn to page 163.

🌿 Sure fire way to swallow pills without choking and gagging. This easy trick works every time! See page 62.

🌿 Attention travelers: Here's the FIRST thing to do if you even THINK you have food poisoning. Easy remedy on page 131 kills bacteria before it can make you sick!

🌿 WARNING: This top selling herb CAUSES cataracts! Discover what the manufacturers don't want you to know. See page 57.

🌿 These "forbidden foods" are actually GOOD for your health - and they taste yummy, too! Get the revised list on page 156.

🌿 This tasty Chinese fruit works like a Roto-Rooter® on

(go to page 4)

your arteries. Just a few bites a day makes the plaque go away! See page 166.

🌿 **Why 97% of golfers get muscle pain.** Discover the 5-minute treatment that lets you play all 18 holes pain-free! See page 238.

🌿 **Nature's remarkable "skin tea."** Proven to keep your skin supple and smooth in just two weeks! See page 9.

🌿 **How to trick your body into losing weight.** Yes, you can eat more and weigh less! See page 338.

I'm talking about good old-fashioned remedies that still work better than dangerous drugs or surgery!

In *The Country Doctor Handbook: Old-Fashioned Cures That Prevent and Reverse Pain, Obesity, Heart Disease, Cancer, Diabetes and More*, you'll discover – and even rediscover – what your grandma knew all along. Plus you'll get scientifically backed research and studies to prove Grandma was right:

🌿 **A stick of chewing gum** gives you ***FAST* heartburn relief** – and it works in minutes! See page 151.

🌿 **Here's the secret to naturally block out calories from foods.** Just add this when you eat – and watch the weight melt away! Page 343.

🌿 **Age-old remedy gets rid of itchy, scaly skin FAST!** Still more effective than powerful drugs – yet it's 100% natural and safe for kids, too! Turn to page 9.


🌿 **Look 10 years younger overnight!** All you need is a raw potato – no kidding! See page 211.

🌿 **Warm up cold hands – and sharpen your thinking too!** Scientists prove this centuries old folk remedy is a natural circulation booster! See page 24.

One study found that increasing fiber intake reduced the number of calories absorbed by 8%. For a typical 2,500 calorie diet, that's about 200 calories a day!



- 🌿 **3-minutes to INSTANT allergy relief!** Gets rid of allergy triggers and turns your home into a haven. Turn to page 12.
- 🌿 **This easy tooth brushing trick CUTS plaque by an amazing 67%!** Stops gum bleeding too! Turn to page 134.
- 🌿 **Try this "icy-hot" treatment for instant headache relief.** Sounds crazy but it really works! See page 137.
- 🌿 **Just 2 glasses a day of (you won't believe this - but it's true!)** lowers your cholesterol - and prevents heart attacks too! See page 90.
- 🌿 **The one type of orange you should NEVER eat if you have high blood pressure.** Know it and AVOID it! See page 174.
- 🌿 **This type of underwear may be causing your insomnia!** New study proves it. Details on page 208.
- 🌿 **The ultimate lube job - for your brain!** Guaranteed to boost your memory power, too! See page 227.
- 🌿 **5 common drinks that break down kidney stones FAST!** - and the ONE drink you MUST get out of your kitchen because it raises the risk of kidney stones up to 44%! See page 220.
- 🌿 **Your grandma was right!** Nothing beats (named on page 216) for an upset stomach. Works every time!
- 🌿 **The fashion fad that GIVES YOU arthritis:** It may look cute but it's a killer on your joints! Turn to page 260.
- 🌿 **These foods actually fight - and even prevent wrinkles!** Youth enhancing list on page 370.
- 🌿 **Top 3 herbal painkillers that really work!** Doctors won't tell you about them - but you can discover them on page 243!
- 🌿 **This old world remedy lets you eat away your pain!** This treat is great tasting - and medicinal to boot!



In a clinical study, drinking 17 ounces of tomato juice for a month kept cholesterol from attaching to artery walls.

See page 296.

**From allergy remedies ... to zinc therapy - You get it
all in your massive encyclopedia
of folk remedies!**

It's taken us years of research to scrutinize and verify that all of the treatments, remedies and cures mentioned in *The Country Doctor Handbook* are bona fide, authentic, and proven effective.

We feel it's worth it. Why? Because you can be certain that these cures will work for you, too! I'm talking about natural treatments for:

Colds and flu ... high cholesterol ... arthritis ... high blood pressure ... memory loss ... diabetes ... asthma ... headaches ... depression ... back and neck problems ... allergies ... osteoporosis ... chronic fatigue syndrome ... urinary disorders ... motion sickness ... prostate disease ... skin problems ... weight gain ... insomnia ... and much more!

• **Stop the itching from poison ivy FAST** ... with a dab of milk? Easy 10-minute treatment on page 10.

• **Prevents heart disease - and Alzheimer's, too!** A 2-for-1 bonanza - and it costs just pennies! See page 19.

• **Why you should NEVER use anti-bacterial soap.** This dirty little secret puts your health in danger! See page 59.

• **Discover the "green gold" from Austria that reduces swelling and joint pain by 44%!** All natural - and 100% safe! See page 296.

• **How Europeans fight depression WITHOUT drugs.** This "natural Prozac" is a wonder herb! See page 31.

• **Kill E. coli bacteria FAST - over 90% effective!** Just add one tablespoon of (sweet treat named on page 123) to hamburger meats.

• **Rx drugs you should NEVER take with herbs!** Life saving list on page 88.

• **Quick and easy way to discover hidden food allergies** ... over 80% accuracy rate! Turn to page 4.

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- ❧ **The #1 emergency food EVERY diabetic should keep on hand.** Convenient, cheap – and life saving! (If you think it's candy – think again!) See page 97.
- ❧ **The wonder food Ghandi called "a godsend"** – is now scientifically proven to clobber heart disease and cancer. See page 155.
- ❧ **Laboratory studies prove this all-natural herbal remedy PREVENTS blood clots.** This life saving breakthrough – especially if you have heart disease – is on page 152.
- ❧ **How to toss out pills for good – and still lower blood pressure!** Age old solution may still be more effective than modern medicine. Turn to page 167.
- ❧ **Nature's easiest way to sweep away the pain and swelling of varicose veins.** Strengthens and firms veins too! See page 335.
- ❧ **The little-known deficiency that acts like Alzheimer's** – and the easy treatment to spot it quick! See page 226.
- ❧ **BREAKING NEWS: Japanese cure for eczema – now available to the U.S.** Clinical studies show this all natural therapy is over 80% effective – with NO nasty side effects! See page 11.
- ❧ **Fine tune your focus.** These quick and natural vision savers really work! See page 114.
- ❧ **What you MUST know if you take aspirin regularly.** This 30-second tip prevents upset stomachs and bleeding. See page 161.
- ❧ **Douse the heat from hot flashes – FAST!** An herbal wonder. European women swear by it! See page 234.
- ❧ **Discover the hidden cause of your high blood pressure.** Hint: It's got NOTHING to do with your diet! Amazing discovery on page 192.
- ❧ **This all natural remedy RESURRECTS your heart.** Death

Flaxseed oil contains a type of fatty acid that helps lower blood pressure and the risk of stroke and cancer. And it's delicious!



rate cut in HALF when patients received this treatment after a heart attack - milestone study proves it!
Turn to page 186.

☘ And much, much more!

Take this book.
Read it, use it, and then decide.

No need to send me any money. No need to give me a credit card number.

If you find *The Country Doctor Handbook: Old-Fashioned Cures That Prevent and Reverse Pain, Obesity, Heart Disease, Cancer, Diabetes and More* to be as good as I say it is, it is yours for only three easy payments plus a nominal shipping charge. But if *The Country Doctor Handbook* doesn't meet your expectations for any reason, just write "no thanks" on the invoice and return it with the book. You'll owe nothing.

Simply mail the enclosed No-Risk Preview Certificate in the postage-paid envelope ... and get ready to take control of your health and enhance your daily life. I'll look for your card on my desk.

Important - Free Gift Offer Guarantee Expires
on Date Printed on Preview Certificate!

All orders mailed before the expiration date will receive a free booklet, "Eat to Beat the Top 27 Health Problems." Order right away!!

Sincerely,

Gayle K. Wood

Gayle K. Wood

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