Acid rain.91 Acne and blemishes, 217-219 Acrylic, 47 Acupressure, 172 Acupuncture, 131, 181, 184 Addresses, travel and, 109–110 Adrenal glands, 153, 172, 173 Aeration, 261, 265 Aftershave, alternative, 220 After Warranty Assistance (AWA), 88 Age-related macular degeneration (AMD), 120, 146, 197-199 Age spots, 221 Aging. See Eye health; Hair loss; Hearing loss; Memory and mental acuity; Oral hygiene Air bags, 94 Air conditioners, 42, 59-62 Air fresheners, 92, 184 Air leaks, in home, 50-53 Air travel, 101–104 Alaskan cruises, 106 Alcohol (distilled), 175, 185-186 Alcohol (rubbing), 212, 270, 310,311 Alfalfa, 211-212 Allergies in pets, 15–16 rashes from, 223, 224 superfoods for, 147–148, 151 trees and shrubs and, 274 Alliums, ornamental, 290 Allowances, for children, 9-10 All-Purpose Pest-Prevention Potion.289 All-Season Clean-Up Tonic, 265 All-Season Green-Up Tonic, 256 Allspice, 210 Aloe vera, 224, 225, 228, 242, 252 Alterations, 30 Aluminum foil.91 American Automobile Association (AAA), 117 American Automobile Touring Alliance (AATA), 117 American Kennel Club, 103 American Medical Association (AMA), 191 Ammonia for cleaning, 63 in cleaning formulas, 37, 40 in compost formula, 325 in fertilizer formulas, 254, 256, 262, 267, 283, 308, 316,337 for insect bites, 239 for lawns, 254, 255 for pest control, 268, 311 in pest-control formula, 289 in planting formula, 304 Analgesics, 134, 252 Anemia, 140, 144 Angina, 149 Animal pests. See Pest control Annual flowers, 299, 300-301, 307 Annual weeds, 269-270 Antibiotic ointment, 244 Antidepressants, 183 Antihistamines, 227, 246 Antioxidants, 196, 218, 242–243, 251. See also specific vitamins Ants, 238-239, 285, 332 Anxiety, 125-126 Aphids, 285, 332 Apple juice, 255 Apples for bad breath, 210

buying, 24 recipes using, 159, 164, 168 in skin-care formula, 219 as superfood, 150–152 Applesauce, 151, 164 Appliances. See also specific appliances buying, 36-42 cleaning, 40 moving, 39 owner's manuals for, 43 vacations and, 67 Arginine, 153 Armyworms, 263 Arnica, 124, 130 Aromatherapy, 123, 174, 184 Arthritis, 122, 129-133, 151 Articulation agreements, 10 Asparagus beetles, 332 Aspirin, 134, 190, 223, 224, 252 Asthma, 122, 140, 145 ATM cards, 115 Avocados for hair care, 215, 220-221 recipes using, 161, 166 for skin care, 221 as superfood, 152 Azaleas, 281

B

Baby gates, 71 Baby oil, 219 Baby powder, 288 Baby shampoo in garden formulas, 254, 278, 299, 304, 325 for lawns, 255, 267 Baby wipe containers, 74, 81 Baby wipes, 91, 92 Bacillus thuringiensis, 263, 264, 330 Back pain, 132–134, 153

Bad breath, 209-211. See also Oral hygiene Baking soda for body odor, 220 for cleaning, 40, 63, 64, 65,85 in cleaning formula, 86 for insect bites, 239 in jet lag formula, 118 in mouthwash formula, 210 for oral hygiene, 220 for pest control, 311 for plant diseases, 340 for poison ivy, 246, 247 for psoriasis, 216, 225, 226 for rash, 224 for sunburn, 251 Balm of gilead, 240 Bananas, 124–125, 158, 170, 220-221 Barley flour, 216 Basil, 168, 332, 344 Baskets, 73, 74, 80, 83, 350 Bath linens, 77 Bathrooms, organizing, 72–74 Baths for back pain, 133, 134 dry skin and, 217 for insomnia, 176 for jet lag, 118 vs. showers, 56 for skin problems, 239, 251 for sore muscles, 128, 332 for stress, 174 varicose veins and, 137 Bay leaves, 344 Beans and legumes, 153–154, 160-162, 165-166, 193, 194 Bears, 357 Beauty schools, 13 Bed linens, 77 Beef bouillon, 353 Beer

in fertilizer formulas, 256, 262, 267, 283, 308, 316, 337 for lawns, 254 for pest control, 339 in planting formula, 304 Bee stings, 237–238 Bell peppers, 198 Belly fat, 122-123 Beneficial insects, 309-310, 327, 338 Bergamot, 184, 211, 249 Berry baskets, 73, 80 Beta-carotene, 198 Beverage recipes for health and beauty, 133, 187,219 using superfoods, 168 Bilberry, 196, 199, 200 Binder clips, 71, 81 Bioflavonoids, 147, 228 Biotin, 145, 214 Bird feeders, 352–353, 355 Birds attracting, 273, 346–348 feeding, 350-353, 355-358 health benefits of, 345-346 nesting materials for, 348-350 as pest control, 265, 273, 284, 287, 338 as pests, 287–288 water for, 353–355 Bitters formula, 126 Black currant oil, 215 Blackleg, 301 Black vine weevils, 332 Blisters, 234-236, 237 Blood sugar levels air travel and, 104 belly fat and, 123 diet and, 124, 140, 148, 153 gymnema and, 123

headaches and, 179 mental acuity and, 192 Bloody Mary, 187 Blueberries, 147–148, 157, 163, 168.193 Body odor, 211-213, 220 Bon Ami[®], 287 Bone health, 141, 144, 146, 147, 178 Bonemeal, 254, 285, 292, 307, 339 Book safes, 18 Borage, 185 Borax, 37, 40 Boric acid, 202 Boron, 131–132, 146, 194 Boswellia, 131 Brain fog. See Memory and mental acuity Bran, in formula, 151 Breakfast recipes, 157–159 Breathing exercises, 172, 181 Brewer's yeast, for dogs, 267 Broadleaf weeds, 269–270 Bromelain, 134, 138 Bruises, 148 Brussels Sprouts Weed Brush-Off, 271 Btk, 263, 264, 330 Buckets, for storage, 81 Budgets, 2–3 Bug splats, removing, 90 Bulb Bath, 299 Bulbs (flowers), 300, 305–306, 307 Bulletin boards, 80 Bumper stickers, removing, 91 Burdock, 218 Bureau of Consular Affairs, 103, 115,116 Burns, 241–243, 275 Butter, for burns, 241 Buttermilk, 221 Buying clubs, 29

B vitamins

for anemia, 140 for dandruff, 145, 214 for depression, 183 for mental acuity, 152, 193–194 skin care and, 218 smoking and, 121 for stress, 173 for stroke prevention, 139 for tinnitus, 201

C

Cabbage, 130, 193 Cabbage loopers, 328 Cabbage moths, 332 Caffeine, 131, 175, 179-180, 211 Calamine lotion, 246, 251 Calcium, 141-142, 144, 174, 180 Calendula for blisters, 236 for body odor, 212 for burns, 242 for cuts and scrapes, 244 in massage oil, 222 for poison ivy, 247 for skin care, 217–218 for splinters, 248 Camphor, 206 Cancer isoflavones and, 193 preventing, 141, 145, 147, 148, 150, 151, 152, 153 risk factors, 119, 122, 123 Candles, fire safety and, 232 Capsaicin, 124, 130, 186, 225 Car batteries, 85 Carbon monoxide detectors, 51,233 Cardamom, 145 Cardboard tubes, 79, 81, 335-336

CARFAX, 98 Car insurance, 18-20, 93-94, 111,117-118 Carrot rust flies, 332 Carrots. 215 Carry-on luggage, 104, 108 Cars After Warranty Assistance for, 88 buying, 93-100 cleaning, 90-92 clutter in, 82-83 donating,96 leasing, 94–95 maintaining, 84–87 mechanics for, 88-89 owner's manuals for,84 renting, 110–112, 117 selling,96 trading in, 95–96 Car wax, 90 Castor oil, 216, 226, 268, 289 Cataracts, 120, 196 Cat hair, as pest control, 268, 286 Cat litter, as pest control, 268 Catnip, 121, 176, 177, 284, 332 Cats, as pests, 266, 332, 356-357. See also Pets Caulk, for air leaks, 51 Cayenne, 204, 211, 246, 288, 356, 358 Ceiling fans, 57, 60 Centaury, 126 Centers for Disease Control, 116.191 Cereals, 159. See also Oatmeal Chalk, for odors, 92 Chamomile in bitters formula, 126 for colds and flu, 190 for hair care, 222 in massage oil, 222 for plant diseases, 319

as relaxant, 121, 123, 177, 179 for skin care, 216 for sore throat, 147 for toothache, 208 Chard, 198 Chasteberry, 218 Checkbook registers, 19 Cherries, 170 Chewing gum removal of, 92 uses for, 120–121, 268 Chicken soup, 186 Chickweed, 240, 247 Children, 9–11, 23. See also Teenage drivers Chinch bugs, 264 Chlorophyll, 210, 211–212 Chocolate, 154, 168, 169, 170, 193 Chocolate Lip Balm, 106 Cholesterol levels apples and, 150 avocados and, 152 beans and, 153 chocolate and, 154 depression and, 182 nuts and, 141, 145, 150 oatmeal and, 139, 148 risk factors for high, 120, 122.123 Choline, 192–193 Cigarette smoke, 90. See also Smoking Cinnamon, 124 Circadian rhythms, 175, 176 Citronella, 237 Citrus, for pest control, 328 CLA (conjugated linoleic acid), 123 Clay, cosmetic, 212, 218–219 Clay soil, 259 Cleaning techniques appliances, 40, 62-64

Cleaning techniques (continued) cars, 90–92 clothing, 32 computers, 68 furniture.45 lightbulbs, 55 walls, 37 Cleavers, 212 Climbing roses, 279-280, 281 Clipboards, 70 Closets, organizing, 76-79 Clothes dryers, 41–42, 66–67 Clothes hangers, 76 Clothespin bags, 79 Clothing altering and repairing, 30, 33 - 34buying, 30-35 cooling costs and, 61 heating costs and, 58 laundering, 32-33 organizing, 76 trying on, 30 Clover, 120-121 Cloves, 222, 227, 244-245 Clutter control bathrooms, 72–74 cars, 82–83 closets, 76-79 family rooms, 74-75 garages, 81–82 home offices, 79-80 kitchens. 69–72 Coat closets, 78-79 Codling moths, 285-286 Coenzyme Q10, 146, 149, 180 Coffee grounds, 281, 311 Coffee stains, 92 Cola for cleaning, 90 in compost formula, 325 in fertilizer formulas, 254, 267,316 for lawns, 255

for rust removal, 91 stains from. 92 Colds and flu, 153–154, 185–190 Cold treatments. See Ice and cold treatments Coleus canina, 290 College funds, 8, 10 Colorado potato beetles, 328-329,332 Comfrey in bath formula, 332 for blisters, 236 for cuts and scrapes, 245 in massage oil, 222 for splinters, 248 for sprains and strains, 138 for sunburn. 250 for varicose veins, 137 Compacted soil, 260-262, 341 Comparative shopping, 25 Compost making, 324-325, 340 for nitrogen overload, 337 for plant diseases, 340 in planting formula, 277 for weed control, 271 Compost Booster, 325 Compost tea, 325-326 Compression stockings, 137 Computers, 43-44, 68, 133 Concrete cleaner, 86 Conjugated linoleic acid (CLA), 123 Consignment shops, 20 Constant velocity (CV) boots, 85 Constipation formula for, 151 preventing, 140, 142–143, 148, 149, 153 Consumer Products Safety Commission, 37 Consumer Reports[®], 37

Container gardens, 315, 340 Contrast hydrotherapy, 137 Cooking. See also Recipes, using superfoods conservation and, 56-57, 62 dietary changes and, 154-156 fire safety and, 231 Cookware, cleaning, 65 Coolers, for storage, 82, 83 Cooling costs, 59–62 Cool-season vegetables, 315 Cool-season weeds, 269-270 Copper, 150, 218 Copy-paper boxes, 80 Corn, for birds, 351 Cornmeal, 86, 328, 351 Cornstarch, 247 Corn syrup, in fertilizer formulas, 256, 283, 308, 337 Corticosteroids, 178, 227 Cortisol, 147, 171–172, 184 Cosmetics, 73 Cotton, 47 Cottonseed meal, 292 Coupons for groceries, 22, 23, 24, 28.29 investment funds and, 21 organizing,71 Credit cards for college students, 11 debt from, 3–5 frequent-flier miles and, 103 grocery shopping with, 23 for overseas travel, 115 saving money with, 31 as scrapers, 4, 91, 92 Credit counseling agencies, 6 Cruises, 105-107 Crying, 173 Cucumber, 220, 222, 251

Cucumber beetles, 329 Cucumber mosaic virus, 329 Cup hooks, 71, 76 Curtain rods, 273 Cutlery organizers, 80 Cuts and scrapes, 243–246, 275 Cutting boards, cleaning, 65 Cuttings, flowers from, 301–302 Cutworms, 335–336

D

Dairy products, 24–25, 141–142, 155, 186. See also specific products Damping-off, 319-320, 331, 335-336 Dandelion in bitters formula, 126 contraindications. 218 for headaches, 180 in lawns, 270 for skin care, 218 for warts. 222 Dandruff, 145, 213-214 Darkness, insomnia and, 176 Dead Sea salts, 225 Debit cards, 5, 11 Debt management, 3-8 Debt-to-income ratio, 7 Decanters, 65, 72 Deciduous trees and shrubs, 275-276 Deer deterrents, 288 DEET, 240 Dehydration. See Hydration Dental floss, 207 Denture pain, 122 Depression, 125-126, 145, 182-185,346 Dessert recipes, 169–170 Diabetes apples and, 151

eye health and, 197 foot baths and, 235 hydration and, 127 risk factors, 120, 122, 123 Diarrhea, 143 Diatomaceous earth, 285, 287, 311 Diet and eating habits body odor and, 211, 212 colds and flu and, 188 eye health and, 196-197 food pyramid, 139–143 headaches and. 179 heating costs and, 58 intermittent claudication and. 135 making changes in, 154 - 156mental acuity and, 192 - 195shopping lists and, 155 skin problems and, 225, 227,242-243 snacks, 143-146 stress and, 174 superfoods, 146-154 for weight loss, 123-126 Dimmer switches, 54 Dining out, 13-14 Dioecious plants, 274, 347 Direct sowing, 321–322 Disaster preparedness, 230, 232 - 233Discontinued merchandise, 33 Discounts, 31, 48. See also Coupons; Rebates Diseases. See Plant disease control Dishwashers, 41, 61-62, 64-65 Dishwashing liquid in fertilizer formulas, 256, 262, 283, 308 for lawns, 254, 267 for pest control, 264, 284

in pest-control formulas, 265, 268, 289 in planting formula, 280 in road-salt remover formula.91 in weed-control formulas, 270,271 Dismantling tips, 82 Disposable items, 26–27 Diverticulosis, 140 Dog food, in formula, 277 Dog hair, as pest control, 268, 286.288Dogs, as pests, 267. See also Pets Draft blocker, 52 Drawers organizing, 71, 72 in quality furniture, 45-46 Drinking water. See Hydration; Water Drink of Death Traps, 286 Driver education courses, 19 Driver's permit, international, 117 Driving in foreign countries, 117-118 gasoline costs and, 12–13 Drought-tolerant plants, 297-298, 326 Dry cleaning, 32 Dryer sheets, 66, 290 Dry garden sites, 305 Drying herbs, 342 Dry skin, 143, 215–217

E

Earaches, 202–203 Ear candling, 203 Ears, popping in, 202–203 Earthworms, 316

Echinacea, 186, 236, 245, 248 Eggs

for eye health, 198 for hair care, 215 for hair loss. 204–205 in healthy diet, 155 mental acuity and, 193 for pest control, 288 for skin care, 217 Eggshells, for pest control, 311 Elderflower, 204, 222 Elderhostel, 114 Electrical cords.231 Electroculture, 322-323 Electronics, 42-44, 68, 133 Emergency funds, 8 Emergency preparedness, 229-234 Energy audits, 50–53 Energy conservation appliances, 56, 62-67 cooling, 59-62 gasoline, 12-13, 83 heating, 57-59 lighting, 53-55 water. 55–57 Entertainment expenses, 14 Epsom salts in bath formula, 332 in fertilizer formulas, 262, 335 for flowers, 307 for lawns, 254 for pain, 128, 134 for pest control, 311, 339 in planting formula, 277 in poison ivy formula, 247 for skin care. 216 for trees and shrubs, 280 Erectile dysfunction, 122 Essential fatty acids. See Omega-3 fatty acids

Eucalyptus, 188, 190, 203, 206, 227 Evening primrose oil, 125, 219 Evergreens, 347 Exercise arthritis and, 129 back pain and, 132-133 for depression, 183, 184 guidelines for, 126–128 heating costs and, 58 insomnia and, 175 leg pain and, 135, 136 mental acuity and, 194 sore muscles from, 128 - 129Exhaust fans, 57-58 Expedia.com, 101, 105 Expenses, 12-14 Evebright, 189, 198 Eye health, 120, 149, 195–200 Eye makeup remover, 219 Eyes, puffy or baggy, 220, 221, 222

F

Fabric softener. 66 Facials, 13, 216, 220 Family rooms, 74-75 Fans, 57–58, 60, 61, 358 Farmer's markets, 26 Fatigue, 151, 152, 153, 192 Fats, dietary, 155, 156, 198. See also Nuts; Olive oil; Omega-3 fatty acids Federal Aviation Administration (FAA), 104 Fels Naptha[®] soap, 330 Fences, 266, 267, 310, 357 Fennel, 125, 126, 211, 222 Ferret droppings, 286 Fertilizer excessive, 259, 336-337

for flowers, 307-308 for herbs, 335, 336–337 for lawns, 253-255 in planting formulas, 278, 335,280,302 storing, 81 for trees and shrubs, 280-281 for vegetables, 323–326 Feverfew, 179 Fiber, 124, 148, 153 File boxes, 83 Film canisters, 74, 81 Finances. See Money management Fire ants, 238-239 Fireplaces, 58, 231, 233 Fire safety, 230–231 First aid supplies, 73 First aid treatment blisters, 234-236, 237 burns, 241–243, 275 cuts and scrapes, 243-246, 275insect bites. 236-241 poison ivy, 224, 246-247 splinter removal, 247-248 sunburn, 249-252 Fish chowder, 197 Fish emulsion, 255, 308, 322, 339 Fish oil. See Omega-3 fatty acids Fish tank water, 307 Flavonoids, 137–138, 154 Flaxseed, 156 Flaxseed oil, 219, 224, 251 Flea beetles, 332 Flea markets, 49 Fleas, 332–333 Flower Feeder Tonic, 308 Flower gardens attracting birds to, 347 fertilizing, 307-308 growing conditions in,

291 - 296pests and diseases in, 297, 309-311 planting, 302-306 plants for, 291, 296–302 sizing, 291 watering, 306-307 weeding, 308-309 Flu, 153-154, 185-190 Fluorescent lights, 53–54 Folic acid, 140, 152, 193–194 Food allergies, 179 Food and Drug Administration (FDA), 191 Food cravings, 123, 142 Food dehydrators, 342 Food pyramid, 139-143 Food storage, 69–70 Foot baths, 180, 235 Foot care, 177, 190 Foot odor, 212 Foot powder, 288 Foot traffic, on lawns, 260 Foreign travel, 114–118 Formal wear, 34–35 Freckles, 221 Freezing herbs, 343, 344 Frequent-flier clubs, 103–104 Frugality, 9. See also Shopping strategies Fruit, 140–141, 155–156, 196, 210,221 Fruit juice pops, 156 Fruit trees, 278–279, 283, 287, 347 Fungicides, 259 Fungus-Fighter Soil Drench, 340 Furnace filters, 57, 60 Furnaces, fire safety and, 231, 233 Furniture, 44-49, 58-59 Furniture polish, homemade, 45 Fusarium wilt, 329

G

Garages, organizing, 81-82 Garbage, for pest control, 268 Garden clothes.34 Gardens. See Flower gardens; Herbs; Lawns; Trees and shrubs; Vegetable gardens Garden tools, 81-82 Garlic for burns, 243 in cold and flu formula, 187 for colds and flu, 186, 188, 190 for earaches, 203 growing, 341, 342 for intermittent claudication, 135 for pest control, 284, 288, 310, 329, 332 for plant diseases, 331, 340 Gas (flatulence), 144, 154 Gas leaks, 232-234 Gaslight fixtures, 54 Gasoline expenses, 12–13, 83, 111 Gelatin, 308 Generics, 12, 27 Geranium maculatum, 284 Germs, 187–188, 189, 190 Get-Up-and-Grow Tonic, 254 Gift tins, 78 Gin, 270 Ginger for arthritis, 133 in cold and flu formula, 187 for colds and flu, 186, 189 for intermittent claudication, 135 for motion sickness, 107 for weight loss, 124 Ginkgo, 195, 199

Ginseng, 195 Glass, cleaning, 90 Glass bottles, for pest control, 286 Glaucoma, 199–200 Glove compartments, 82–83 Gloves, 79, 81, 235 Glucosamine, 132 Glue, removing, 90, 91 Gokshura, 131 Goldenseal, 208, 218, 236, 248 Golf bags, 81–82 Gopher-Go Tonic, 267–268 Gophers, 267-268 Gopher spurge, 268 Gotu kola, 195, 245, 252 Grape juice, 284 Grapes, 192, 219 Grapeseed, 228 Green clay, 212 Greensand, 292 Green tea. See Tea Grindelia, 246 Grocery bags, 28 Grocery shopping, 22–29 Ground beef, 155 Group tours, 113 Guggul, 131 Gum disease, 145, 151–152, 208 Gymnema, 123 Gypsum, 254, 264, 267, 277, 292, 335

Η

Hair, as pest control, 268, 286, 288 Hairbrushes, 214 Hair care, 215, 219–220, 221, 222 Hair coloring, 205 Hair conditioner, 92 Haircuts, 13 Hair dryers, 214

Insiders Secrets

Index

Hair loss, 204-206 Hair spray, for stain removal, 92 Handbags, 74, 134 Handpicking insect pests, 310, 329.330 Hand washing, 188 Hardening off, 321 Hardiness zones, 293–294, 313 Hardwood furniture, 44 Hats, storing, 79, 81 Hawks, 358 Hawthorn, 135 Hazelnuts, 238 HDTV, 42-43 Headaches, 142, 143, 178–182 Healthfinder, 191 Health insurance, 15, 16, 116 HealthWeb, 191 Hearing aids, 201 Hearing loss, 200-203 Heartburn, 120 Heart disease depression and, 182 preventing, 145, 146, 148, 149, 150, 153 risk factors, 119, 121–122, 123 Heating costs, 57–59, 67 Heat treatments, 128, 131, 137 Herbal tea. See Tea; specific herbs Herb Booster Tonic, 337 Herbicides, 259 Herbs. See also specific herbs diseases in, 335-336, 339 drying, 342 excessive heat and, 340-341 fertilizing, 335, 336–337 freezing, 343, 344 harvesting, 341–342 pests in, 335–339 pinching, 339-340 from plants, 335

from seed, 333-335 sunlight for, 336 uses for, 331-333, 340 Herpes, 153 High blood pressure bird-watching and, 346 eve health and, 197 licorice and, 131, 189, 208 lowering, 141, 148, 150, 152 risk factors, 120, 121–122 Hobbies, clutter from, 74 Home emergency kit, 231 Home equity loans, 7–8 Home improvement loans, 8 Home offices, 2, 79-80 Homeowner's insurance, 17 Home safety, 229-234 Homocysteine, 139, 193-194 Honey, 216, 245, 353 Hops, 121, 176, 177, 214 Horse chestnut, 228 Horseradish, 221 Horsetail.215 Hotels, 112 Hot flashes, 150–151 Hot-pepper sauce, homemade, 125 Hot-Pepper Spray, 358 Hot toddies, 185-186 House brands.27 Household chores, 127 House swapping, 112–113 Hugs, 173 Hummingbirds, 347–348, 352-353, 354-355 Humor. 189 Hunger, shopping and, 23 Hydration bad breath and 210 for colds and flu, 187, 188 during exercise, 127 healthy diet and, 142-143 skin care and, 216 for sunburn, 251–252

Hydrocortisone cream, 251 Hydrogen peroxide, 220, 278, 280, 308, 319 Hypnosis, 228

IBS, 144, 151 Ibuprofen, 134, 180, 252 Ice and cold treatments for back pain, 133, 134 for insect bites, 238, 239 for joint pain, 131 for sore muscles, 128 for sprains and strains, 138 for sunburn. 251 for varicose veins, 137 Ice cubes, 92, 208 Ice cube trays, 80 Immune system, 144–145, 188 Immunizations, 116, 189–190, 238 Incandescent lights, 53 Ink stains, 92 Insect bites, 236-241 Insect pests. See Pest control Insomnia remedies, 175–177 Insulation, 52-53, 59 Insurance, 15, 16-20. See also specific types Insurance brokers, 17 Insurance Institute for Highway Safety, 94 Intellectual stimulation, 194 Intermittent claudication, 134-136, 147 International travel, 114–118 Internet resources health information, 190-191 travel, 101-102, 105-106 Intestinal distress, 143

Investment funds, 20–21 Irises, 304 Iron deficiency, 194 Irregular merchandise, 33 Irritable bowel syndrome (IBS), 144, 151 Isoflavones, 193 Itchy skin, 150, 216, 223, 240, 251. *See also* Insect bites

J

Jalapeños, 358 Japanese beetles, 266, 284, 332 Jars, for clutter control, 71, 73, 74 Jell-O[®] facial, 220 Jet Lag Dip, 118 Jewelry boxes, 74 Jewelweed, 224, 247 Joint pain, 129–133, 145–146 Journaling, 176, 179 Juniper berry tea, 275 Junk drawers, 71

K

Kale, 198 Kava, 125–126, 173 *Kelley Blue Book*, 93, 95, 98 Kerosene, 91 Kick-in-the-Grass Tonic, 262 Kidney disease, 189, 208 Kitchen canisters, 72 Kitchens, organizing, 69–72. *See also specific appliances* Kitchen scraps, 307 Kiwi, 219 Knee pain, 122, 129 Lactose intolerance, 144 Lady Banks rose, 275 Language barriers, 118 Larkspur, 284 Latin, botanical, 296 Laundry appliances, 41-42 Laundry baskets, 83 Laundry detergent caps, 73, 81 Laundry techniques, 32–33 Lavender for body odor, 212 in cleaning formula, 45 for depression, 185 for hair loss, 205 for insomnia, 175 for joint pain, 123, 130 in massage oil, 222 for skin care, 218–219 for stress, 123 for sunburn. 252 Lavender Bath Blend, 332 Lawn food, in formula, 256 Lawn mowers, 258, 271 Lawn rollers, 260 Lawns aerating, 261, 265 compacted soil in, 260-262 dethatching, 259-262 dips in, 262–263 fertilizing, 253-255 mowing, 256, 257–258 pests in, 263–268 watering, 255-257 weeding, 268-271 Lawn-Saver Tonic, 267 Leather car seats, 92 Leather furniture, 47 Lecithin, 193 Leg pain, 134-138 Leg swelling, 146

Legumes. See Beans and legumes Leg Wrap, 136 Lemonade, Hot Whiskey, 186 Lemon balm, 126, 181, 188 Lemon basil, 339 Lemon extract, 118 Lemon (fresh), 62, 118, 213, 217, 221 Lemongrass, 237 Lemon oil, in formula, 45 Licorice contraindications, 131, 189,208 for hair loss, 206 for immunity, 188–189 for joint pain, 131 for oral hygiene, 208 for quitting smoking, 120-121 Life insurance, 16–17 Lightbulbs, 53-55 Lighting, conservation and, 53-55 Lime (fruit), 118, 120, 135, 184 Limestone, 254, 280, 292, 335, 339 Linen closets, 77–78 Linseed oil, 45 Lip Balm, Chocolate, 106 Lips, chapped, 121 Listening systems, 201 Literary safes, 18 Liver function, 147 Liver spots, 221 Loans, 6-8, 95 Lobelia, 121 Lodging, 112-113 Low blood sugar. See Blood sugar levels Lozenge tins, 73, 80, 81, 92 Lubricants, for lawn mowers, 258 Luggage, 104, 107–110

Lunch recipes, 160–161 Lung disease, 119 Lure crops, 329 Lutein, 149, 198 Lycopene, 250 Lyme disease, 239 Lysine, 153

M

Macular degeneration, 120, 146, 197 - 199Madder, 131 Magazine holders, 75 Magnesium for asthma, 140, 145 in chocolate, 154 cholesterol and, 150 for constipation, 149 for fatigue, 152 for headaches, 180 for high blood pressure, 150for intermittent claudication.136 for leg swelling, 146 for mental acuity, 194 for sciatica, 142 for soil improvement, 338-339 for stress, 174 for tinnitus, 145, 153, 202 Magnets, 100, 130 Mail-order plants, 301 Manicures, 13 Manure, 337, 339, 340 Marigold, 222, 330 Marjoram, 344 Marketing strategies, 27-28 Marshmallow ointment, 248 Marshmallow root, 215 Masking tape reels, 71

Massage, 13, 133, 137, 181, 184 Massage oil, homemade, 222 Massage schools, 13 Mayonnaise, 90, 91, 215 Mechanics. 88-89 Medicine cabinets, 72-73 Mediterranean cruises, 106 Memory and mental acuity bird-watching and, 346 diet and, 148, 149, 150, 152, 154 protecting, 192–195 Menopause, 142, 150–151 Menstrual cramps, 149 Mental acuity. See Memory and mental acuity Menthol, 227 Mexican bean beetles, 332 Mice, 289-290, 332 Microwave Magic, 62 Microwaves, 42, 342 Migraines. See Headaches Mildew (plant disease), 331 Military scholarships, 10 Milk, 92, 174, 216, 219, 250. See also Dairy products Milk baths, 174 Milk crates, 83 Milk thistle, 199, 226 Milky spore disease, 266, 268 Mindful breathing, 172 Mint, 211, 289-290, 332, 344 Moisturizers, 216, 219, 252 Molasses, 256, 283, 286 Mold and mildew, 40 Moles (pests), 268 Money management budgets and goals, 1-3 for children, 9-11 debt, 3-8expenses, 12–16 insurance, 16-20

investments, 20–21 Mosquito repellents, 237, 333 Motion sickness, 104, 107 Mouthwash, 262, 265, 299 Mowing techniques, 256, 257–258, 259, 271 Mulch, 281–282, 289, 307, 308, 309 Murphy[®] Oil Soap, 264, 322, 337 Muscle cramps, 129, 142 Muscle soreness, 128–129, 332 Music and sounds, 174, 175, 176 Mustard, 124 Myrrh, 208, 210, 211

N

Nail polish, 90, 91 Napkin rings, 76 Narrowleaf weeds, 269-270 Nasturtiums, 329 National Highway Traffic Safety Administration, 94 National Institutes of Health (NIH), 191 National Library of Medicine, 191 National parks, 114 National Women's Health Information Center, 191 Native plants, 296–297 Natural gas disasters, 232–233 Nausea, 151 Neckties, as draft blocker, 52 Neem oil, 237 Nematodes, 263, 265 News, insomnia and, 175 Newspaper, 59, 90 Newspaper pots, 320 NIH SeniorHealth, 191 Nitrogen, 323, 336-337 NSAIDs, 180

Insiders Secrets

Index

Nutrients for Neglected Soil, Natural, 292 Nuts, 141, 145–146, 198. *See also specific types* Nylon, 47

0

Oak bark. 235 Oak leaves, 311 Oatmeal cholesterol and, 139 for insect bites, 239 for insomnia, 177 in planting formula, 277 in poison ivy formula, 247 recipes using, 157–158 for skin care, 216, 220, 223 for sunburn, 251 as superfood, 148 Oatstraw, 177, 215 Obesity. See Weight loss Octagon[®] soap, 330 Odors, in cars, 92 Office chairs, 133 Office supplies, 2 Oil changes, 86 Olive oil, 148-149, 160, 167, 193 Omega-3 fatty acids for arthritis, 130 cholesterol and, 141 for colds and flu, 188 contraindications, 224 for depression, 183 for eye health, 197 for hair loss, 206 in heart-healthy diet, 135 for mental acuity, 150, 194 for skin problems, 216, 217, 224, 226 for stress, 174 Onions, 187, 196, 203, 243

Oral hygiene, 146–147, 206–211, 220.221 Orange juice, 168 Oregano, 188, 223-224, 242, 344 Organic matter for flowers, 293, 294, 307 for lawns, 261 Organization. See Clutter control Ornamental grasses, 349 Osteoarthritis, 122, 129–133 Osteoporosis. See Bone health Outdoor recreation, 172 Outlet stores, 33, 48 Ovens. 62–63 Overseas travel, 114-118 Overstocks, 33 Over-the-counter drugs, 130, 134,190 Owner's manuals, 43, 84 Oysters, 142

P

Pain, insomnia and, 175-176 Pantothenic acid, 140, 153, 173 Pantries, organizing, 69–70 Pantyhose, for cleaning, 90 Parasitic wasps, 338 Parsley, 211, 344 Passionflower, 173, 176, 185 Passports, 115–116 Past-season merchandise, 33 Paths and walkways, 270 Peanut butter, 158, 351, 352 Peanut oil, 216, 225-226 Peanuts, 146, 158 Pennyroyal, 240-241, 333 Peppermint for body odor, 212 cravings and, 121, 123 for dandruff, 214

for headaches, 178 for itchy skin, 240 in leg wrap formula, 136 in memory formula, 195 rosacea and 227 for skin care, 224 Peppers. See Bell peppers; Capsaicin; Cayenne; Hot-pepper sauce, homemade; Jalapeños Perennial flowers, 304, 305, 307 Perennial weeds, 269-270 Perspiration stains, 34 Pest control for flowers, 297, 309–311 for herbs, 335–339 herbs as, 332, 340 for lawns, 263–268 trees and, 273 for trees and shrubs, 284 - 290for vegetables, 327-330 Pesticides, 259, 327, 338 Pet food, 15–16 Petroleum jelly, 92, 106, 225 Pets care of, 14–16 furniture and, 47 insomnia and, 176 for stress management, 172 travel with, 102–103, 108 - 109pH, of soil, 259, 292 Phosphorus, 323-324, 338-339 Photo albums, 80 Photolyase, 251 Photosensitivity, 250 Pickpockets, 116 Pillows, insomnia and, 177 Pinching herbs, 339–340 Pine-based cleanser, 268, 311 Pine needles, 311

Insiders Secrets

Index

Pine twigs, 235 Pinwheels, as pest control, 268 Plantain, 238, 242, 248 Plant disease control for flowers, 301, 309 for herbs, 335–336, 337, 339 herbs as, 331 for vegetables, 319–320 Planting techniques flowers, 302-306 herbs, 333–335 trees and shrubs, 276–280 vegetables, 320–322 Plant supports, 322–323 Plant trays, 80 Play, for stress management, 172 PMS, 142, 146, 154, 174 Pneumonia, 143, 190 Poison ivy, 224, 246–247 Polyester, 47 Pop bottles, in garden, 314 Popcorn, 167 Poppies, 177 Positive thinking, 173, 177, 181, 189 Posture, 133 Potassium, 141, 149, 152, 194, 218,324 Potatoes for burns, 242 for earaches, 203 for eye health, 198 for lightbulb removal, 54 for puffy eyes, 221 for splinters, 248 Potting soil, storing, 81 Poultices, 187 Power outages, 233 Pregnancy, herbs and, 172, 211 Prescription drugs. See also specific types

costs of, 12 side effects of, 178, 223, 250 travel with, 104–105 Prickly ash, 204 Produce, buying, 24, 26 Prostate health, 142 Protein, 140, 195, 206 Prunes, in formula, 151 Pruning techniques, 282–283 Psoriasis, 216, 224–226 Psyllium, 124 Pulsatilla, 202 Pumpkin seeds, 165, 243

Queasiness, 145, 151 Quercetin, 196

R

Rabbits, 290 Raccoons, 356 Rain checks, 26 Raised beds, 302–303, 340 Rashes, 223–224, 246–247 Raspberries, 169, 283 Razor rash, 224 Reading material, organizing, 74-75 Rebates, 21, 23 Recipes, using superfoods beverages, 168 breakfast dishes, 157 - 159desserts, 169-170 lunch dishes, 160–161 salads, 164–166 side dishes, 163–164 snacks, 166-167 supper dishes, 162

Record keeping, 79-80 Rec rooms, 74–75 Red clover, 212, 215, 236 Red-leafed rose, 275 Red pepper. See Capsaicin; Cayenne Refrigerators, 39-41, 63-64, 67, 233 Renewal pruning, 283 Rental cars, 98, 110–112, 117 Rental shops, 49 Repair shops, 35, 42 Repotting Booster Tonic, 302 Restaurants, 13-14 Reye's syndrome, 190 Rhizoctonia, 339 Rhododendrons, 281 **RICE**, 138 Road-salt remover, 91 Road trips, 114 Rocky Mountain spotted fever, 239 Rogaine[®], 204 Rosacea, 226–228 Rose hips, 189 Rosemary for blisters, 237 for body odor, 213 for cuts and scrapes, 245 for dandruff, 214 for depression, 185 for hair care, 222 for hair loss, 204, 205 for joint pain, 130 in memory formula, 195 for pest control, 332, 333 properties of, 344 Rose oil, 184 Roses, 222, 274–275, 279–280, 281Rose Start-Up Tonic, 280 Rubber bands, 71 Rue, 284, 332 Rust removal, 91

Safety. See First aid treatment; Home safety Safety belts, 94 Sage for bad breath, 210 for body odor, 211, 212 contraindications, 211 for hair care. 222 for hair loss, 205 for insect bites, 239 for pest control, 333 Salad bars, 23-24 Salad recipes, 164–166 Sales appliances and electronics, 36 clothing, 32 groceries, 24, 26 Salt, 40, 65, 156, 210, 311 Salt water, as decongestant, 203 SAM-e, 185 Sample merchandise, 24, 33 Sand, for pest control, 311 Sassafras, 237 Saw palmetto, 206 Scarves, storing, 79 Scent deterrents, 286, 288 Schisandra, 172 Sciatica, 142 Scrapers, credit cards as, 4, 91, 92 Scratch-and-dent sales, 38 Screens, trees and shrubs as, 272Seasickness, 107 Seaweed, 339 Seconds (clothing), 33 Seedling Transplant Recovery Tonic, 322 Seed-starting, 318-321, 333-335 Selenium, 145, 188 Seniors, 18, 25–26

Sexual function, 122, 142, 153 Shady garden sites, 295, 340-341 Shampoo, 204, 213. See also Baby shampoo Shaving cream, 219-220 Shining rose, 275 Shoe bags, 71, 74, 79, 80, 82 Shoes arthritis and, 130 athletic, 127 blisters and, 234-235 buying, 35-36 for pest control, 286 Shopping lists, 23 Shopping strategies appliances and electronics, 36-44 cars, 93-100 clothing, 30-35 furniture, 44-49 garden plants, 300 groceries, 22-29 shoes, 35-36 Shower curtain rings, 76 Showerheads. 56 Showers vs. baths, 56 Shrink-wrap, for air leaks, 52 Shrub Restorer, Spring, 283 Shrubs. See Trees and shrubs Side dish recipes, 163–164 Sight. See Eye health Sightseeing, 113–114 Silymarin, 227 Sinus headaches, 180. See also Headaches Skin care. See also specific problems acne and blemishes. 217 - 219dry or itchy, 143, 150, 215-217 old-time techniques for, 219-222

rosacea and, 227 Skullcap, 176, 177, 185 Sleep, 104, 175–177 Sleep apnea, 122 Sleeping positions, 134, 137 Slippery elm, 212 Slugs and snails, 310–311, 332, 337,339 Slugweiser, 339 Small appliances, 42 Smoke detectors, 230 Smoking fire safety and, 232 health risks of, 119-120, 196.199 quitting, 120-121 Snacks, healthy, 143-146, 166 - 167Snakes, as pest control, 287–288 Soap for pest control, 284, 288, 310, 311, 328, 329, 330 for plant diseases, 319 sunburn and, 251 Soap Spray, Simple, 330 Social networks, for mental health, 183, 195 Socks, 32, 49, 234, 288 Sod-buster pots, 320 Sod webworms, 264 Softwood furniture, 44 Soil conditions, 260-262, 292, 315-317,341 Soil testing, 292–293 Soldier beetles, 265 Sore throat, 147 Sour cream substitute, 156 Space heaters, 231 Spearmint, 211 Spices. See also specific spices organizing, 72 as remedies, 124, 186, 210, 237 Spider mites, 332, 338

Spinach, 149–150, 160, 162–165, 198 Splinter removal, 247–248 Sports drinks, for lawns, 255 Sports injuries, 127 Sprains and strains, 138 Squash beetles, 329, 332 Squirrels, 288-289, 355-356 St. John's wort, 185, 236, 242 Stain removal. 34 Stakes, for trees and plants, 279, 322-323 Standing, back pain and, 134 Steam treatments, 188, 203 Steel wool, 91 Stinging nettles, 180, 204, 205, 214,215 Stomach upset, 145, 151 Stoves, 62-63 Strawberries, 216, 221 Strawberry leaves, 250 Stress back pain and, 132, 133 bird-watching and, 345 diet and, 140, 147, 154, 174 effects of, 171 managing, 171–174 mental acuity and, 194 overweight and, 123, 125-126 skin problems and, 226, 228 Stretching, 103, 132–133 Stroke preventing, 139, 149, 151 risk factors, 120, 121–122, 123 Student employment, 11 Suet, 286, 352 Sugar, in formulas, 219, 339, 353 Sugar cravings, 142 Sunburn, 249-252 Sunflower oil, 216

Sunflower seeds, for birds, 350-351 Sunlight for depression, 184 effect on upholstery, 54, 92 eye health and, 196, 197-198, 199 for herb gardens, 336, 340-341 psoriasis and, 226 for vegetable gardens, 313 Sunscreen, 249 Superfoods. See also specific foods apples, 150–152 avocados, 152 beans and legumes, 153-154 blueberries, 147-148 chocolate, 154 oatmeal, 148 olive oil, 148-149 recipes using, 157-170 spinach, 149-150 tea, 146-147 walnuts, 150 Supermarkets. See Grocery shopping Super-Soil Sandwich Dressing, 316 Supper recipes, 162 Surgery, 144, 147 Swamp rose, 275 Sweater boxes, 80, 81, 82, 83 Sweat stains, 34 Sweet oil, 203, 242 Swimming, 134 Swimming pools, 57

Т

Table linens, 77

Tachinid flies, 284 Tanglefoot[®], 339 Tansy, 284, 329 Tar, removing, 90 Task lighting, 54 Tax deductions, 96 Tea for colds and flu, 187, 188-189 in compost formula, 325 for eye health, 196 in fertilizer formulas, 254, 308.316 for intermittent claudication, 136 for oral hygiene, 207 in planting formulas, 278, 280, 299, 302, 304, 322 for quitting smoking, 121 for skin care, 220, 235 for stress, 173 for sunburn, 249, 250 as superfood, 146–147 for weight loss, 125 Teapots, for clutter control, 72 Tea tree oil, 212, 218 Teenage drivers, 19 Teeth clenching, 172 Teeth whitening, 221 Telephone amplifiers, 201 Tempeh, 192–193 Thatch control, 259-262, 264 Thermostat placement, 61 Thorny plants, 266, 349, 356 Thread spools, 82 Thrift stores, 9, 33–34, 49 Thyme, 133, 214, 237, 344 Ticks, 239–241, 332–333 Tilling, excessive, 260 Tinnitus, 145, 153, 201, 202 Tires, 85, 86–88, 90–91 Tobacco, for insect bites. 238. See also Smoking

Tobacco tea, 265 Toilet paper tubes, 79, 81 Tomatoes, 250 Tomato hornworms, 329-330, 332 Tool belts, 82 Toolboxes, 82 Toothaches, 143, 208 Toothbrushes, 207 Toothpaste, 90, 220 Tooth stains, 221 Tote bags, for clutter control, 74 Transplant Tonic, 304 Transportation Security Administration (TSA), 104 Travel by air, 101–104 car rentals, 110–112 cruises, 105-107 lodging, 112-113 luggage, 104, 107-110 overseas, 114-118 package tours, 113-114 with pets, 102-103, 108 - 109road trips, 114 Travel documents, 105, 116 Traveling pots, 320 Travelocity.com, 101, 105 Tree and Shrub Transplanting Tonic, 278 Tree guards, 285, 286, 289 Trees and shrubs attracting birds with, 347 choosing, 276 compacted soil and, 262 cooling costs and, 60–61 fertilizing, 280-281 mulching, 281-282 pests in, 284–290 planting, 276–280 pruning, 282–283 staking, 279

uses for, 272–276 watering, 281 Tree sap, removing, 90, 91 Tropical cruises, 106 Tryptophan, 145, 177, 183–184 Tufts University Nutrition Navigator, 191 Turkey, 162, 183–184 Turmeric, 138, 186 TV listening systems, 201 TVs, 42–43

U

Ulcers, 120 Umbrella stands, 78 Upholstered car seats, 92 Upholstered furniture, 46–48 Urinary tract infections (UTIs), 143, 148 Urine, for gardens, 255, 268, 289 USDA zones, 293–294, 313 Used merchandise appliances, 38, 40–41 clothing, 33–34 furniture, 49 UTIs, 143, 148

V

Vacuum cleaners, 42, 270, 329, 338 Vaginitis, 144 Valerian root, 121, 176–177, 179 Vanilla, for pest control, 329 Varicose veins, 136–138 Vases, cleaning, 65 Vegetable gardens cool-season plants for, 315 fertilizing, 323–326 pests in, 327–330

planting, 320-322 seed-starting for, 318-319 seeds vs. plants for, 317-318 sites for. 312-315 soil improvement for, 315-317 staking, 322-323 watering, 326–327 weeding. 326 Vegetables, 140-141, 155-156, 196,210,221. See also specific foods Veneer, defined, 45 Vervain. 185 Veterinarians, 14–15 Vinegar for cleaning, 64, 65, 66, 90,91 in cleaning formulas, 40, 45 for colds and flu, 187 for cutting soap suds, 66 for dandruff, 213 for ears. 202 in health and beauty formulas, 205, 216 herbal, 343-344 for odors, 92 for pest control, 286, 311 for skin care, 221, 225 for sore muscles, 128–129 for sunburn, 250 for weed control, 270 Vision. See Eye health Visualization, 174 Vitamin A, 188, 218, 220, 236, 251 Vitamin C for burns, 243 for colds and flu, 186, 188 for cuts and scrapes, 245 for eye health, 198, 200

Vitamin C (continued) for headaches, 181 for insect bites, 239 for mental acuity, 193 for poison ivy, 247 for skin care, 218, 228 for sunburn, 249 for varicose veins, 137 Vitamin D. 131 Vitamin E for blisters, 236 for burns, 243 for colds and flu, 188 for cuts and scrapes, 245 exercise and, 127–128 for eye health, 146, 198 for gum disease, 145 for heart health, 149 for insect bites, 239 for intermittent claudication.136 in lip balm formula, 106 for mental acuity, 193 for skin care, 218, 225, 227 for sunburn, 249, 251 Vitamin supplements, 142, 206 Vitex, 218

W

Wall racks, 71 Walls, cleaning, 37 Walnuts, 150, 158, 169 Warm-season weeds, 269–270 Warranties, 39, 88 Wart removers, commercial, 248 Warts, 222 Washing machines, 41–42, 61–62, 65–66 Water. *See also* Hydration for birds, 353–355 for pest control, 285, 310, 327, 338, 339, 357

safe drinking, 118 for weed control, 270 Water conservation, 55–57 Water heaters, 56, 67 Watering techniques for flowers, 306-307, 309 for lawns, 255-257, 259 plant disease and, 309, 339 for trees and shrubs, 281 for vegetables, 326–327 Watermelon, 128 Weather, cruises and, 106 Weather stripping, 52 Weed control, 268-271, 308-309,326 Weed types, 269–270 Weight loss avocados and, 152 dairy products and, 141 health risks and, 121–123, 129 strategies for, 123–126 tea for, 146 Wet garden sites, 298 Wheat bran, 328 Wheat germ oil, 216 Whiskey, in formulas, 278, 280, 308 White cedar, 243 Whiteflies, 338-339 Whitefly parasites, 338 White grubs, 265–266, 268 White willow, 179 Whole grains, 139–140, 155, 161 Wild Weed Wipeout Tonic, 270 Windbreaks, 273, 295 Windshields, 90 Wine, 196, 219 Wine racks, for clutter control, 72 Wintergreen, 124, 130 Witch hazel in poison ivy formula, 247 rosacea and, 227

for skin care, 220, 224 for sunburn, 250 for varicose veins, 137 Wood ashes, 112, 292, 307, 311 Wood betony, 126, 176 Wood furniture, 44–46 Woody Plant Booster Mix, 277 Work clothes, 31, 34 Wounds, 245, 275 Wren house, as pest control, 287 Wrinkles, 120, 146

Xeroderma, 143, 215–216

Y

Yard sales, 20, 49 Yarn, as dental floss, 207 Yarrow, 136, 188, 204, 212, 236, 244 Yeast, in formula, 339 Yellow dock, 218 Yellowpages.com, 110 Ylang-ylang, 184 Yogurt, 144, 145, 170, 221 Yucca, 213

Ζ

Zanfel[™], 247 Zeaxanthin, 198 Zinc for body odor, 211 for colds and flu, 186–187 for mental acuity, 194 in prostate formula, 142 for skin care, 218 for tinnitus, 202 Zinc oxide, 246