

Index

A

- AA (Alcoholics Anonymous), 6
- Accidents
 - cell-phone use and, 24
 - drug- or alcohol-related, 3, 7, 13
 - sleep problems and, 18
- Acetaminophen, 4
- Acetate fabric, 268
- Acid reflux, 85
- Acrylic fabrics, 268
- Acupuncture, 15, 241
- Addictions
 - alcohol, 6–7
 - computer, 26–27
 - smoking, 14
- Africanized bees, 338–339
- AHAs (alpha-hydroxy acids), 29–30
- Airborne toxins
 - asbestos, 303–304
 - carbon monoxide, 301–303
 - mold and mildew, 304
 - pesticides, 276–279
 - radon, 299–300
- Air fresheners, 249, 251–252
- Airtight construction, 263
- Air travel, 354–356
- Alarm clocks, 20, 48
- Alcohol cravings, 85
- Alcoholics Anonymous (AA), 6
- Alcohol intake
 - alternative to, 3
 - benefits and risks, 2–3, 160–162, 195, 241
 - drug interactions, 4
 - excessive, 2, 6–7
 - financial costs, 5–6
 - hangovers, 6, 7–8
 - precautions, 5
 - as sleep aid, 5
- Alcorexia diet, 131
- Alfalfa meal, 309
- Alkalinity, 215–216, 218
- Allergies
 - asthma cause, 173, 174
 - emergencies, 285, 337
 - food, 90, 105, 191, 235
 - headache cause, 191
- All-Natural Laundry Soap, 269
- All-Purpose Household Cleaner, 254
- All-Purpose Organic Fertilizer, 322
- Almonds, 39, 81
- Aloe-Blueberry Smoothie, 242
- Aloe vera, 223, 242
- Alpha-hydroxy acids (AHAs), 29–30
- Alzheimer’s disease
 - myths, 51
 - prevalence, 51
 - prevention, 73, 79
 - smoking link, 10
- Ambien®, 37
- Ammonia caution, 248
- Anaphylaxis, 285
- Aneurysms, 9
- Aniseed, 207
- Anisette liqueur, 209
- Anti-anxiety drugs, 36–37
- Anti-Anxiety Punch, 39
- Antibacterials, 213–214
- Antibiotics, 209, 225, 227
- Antidepressants, 58
- Antihistamines, 4
- Ants, 286, 313, 340–342

- Anxiety
 color and, 38–39
 drugs for, 36–37, 40
 formulas for reducing,
 39, 40
 GAD, 36
 health basics and, 38
 health risks, 184
 prevalence, 38
 remedies, 39–40
 signs of, 36
 vs. worry, 35
- Aphids, 313, 326
- Apitherapy, 180–181
- Apple cider vinegar uses.
See also Vinegar uses
 headache relief, 192
 psoriasis relief, 243,
 244
 shingles relief, 223
 strep throat relief,
 227–229
 tonic recipe, 164
 type to use, 229
- Apple juice, 3
- Apples
 for conjunctivitis relief,
 84
 health benefits, 83,
 151, 175
 for joint pain relief, 86
 pesticides in, 85–86,
 112
 salad recipe, 200
 storing, 114
- Armyworms, 313
- Arnica oil, 187
- Aromatherapy
 for anxiety relief, 40
 for CFS/FM relief,
 199
 for stress reduction,
 43, 45
 for weight loss,
 135–136
- Artemisia, 326
- Artemisia absinthium*
 (wormwood), 340
- Arteriosclerosis, 170
- Arthritis
 causes, 176, 179
 formula for relieving,
 182
 hazards to avoid, 178
 myths, 176–178
 prevalence, 181
 remedies, 73, 180–183
 types, 177
- Artichoke Cholesterol-
 Control Tonic, 168
- Artificial sweeteners,
 64–66, 68
- Asbestos, 303–304
- Asparagus, 112
- Aspartame, 66, 95
- Aspirin, 178
- Assassin bugs, 313, 314
- Asthma
 causes, 9, 172–174
 remedies, 85,
 174–175
 signs of, 205
- Athlete's foot, 34, 84
- Ativan®, 36
- Autoimmune diseases.
See also specific types
 facts, 231
 genetic factor, 230
 prevalence, 231, 233
 signs of, 234
 toxins and, 231–234
 types, 232
- Avocados
 for blood pressure
 reduction, 86
 for heart health, 162
 pesticides in, 112, 114
- Avocado seeds, 86
- Avon® bath oil, 332
- B**
- Bacillus thuringiensis* (Bt),
 313
- Back pain
 emergencies, 184
 formula for relieving,
 186
 myths, 183–184,
 187–188
 risk factors, 184–186
 treatments, 185–187,
 188
- Baking soda uses
 cleaning, 253–255
 cold and flu relief,
 215–216, 218
 insect sting relief, 332
 laundry, 251
 lawn care, 318
 pest control, 282, 296
 psoriasis relief, 244
 shingles relief, 223
- Ballroom dancing, 54
- Bananas, 64, 81
- Banana-Walnut Smoothie,
 156
- Bariatric surgery,
 126–127
- Basil, 43, 209
- Bath treatments
 bronchitis, 208
 flu, 218
 headaches, 192

- magnesium intake, 73
 - psoriasis, 243
 - SAD, 50
 - shingles, 223
 - skin problems, 83–84
 - stress, 44
 - Bats, 298, 314
 - Beans, dried, 83, 86
 - Beauty, and smoking, 10–11
 - Bedbugs, 288–292
 - Bedrooms, 21–22
 - Beer, 195, 202
 - Bees and bee stings, 332, 337–339, 340
 - Beet juice, 128
 - Beetles, 313, 314, 325, 326
 - Beet sugar, 95–96
 - Bee venom, for arthritis, 180–181
 - Belly fat, 125–126, 154
 - Beneficial insects, 313, 314, 325
 - Beneficial nematodes, 313
 - Benzodiazepine drugs, 36–37
 - Bergamot oil, 243
 - Berries, 151. *See also specific types*
 - Berry Good Flu-Prevention Syrup, 216
 - Beta-sitosterol, 162
 - Big-eyed bugs, 313
 - Billbugs, 313
 - Bindweed, 321
 - Bisphenol A (BPA), 82, 108, 118–119, 262
 - Black plague, 293, 295
 - Black rice, 83
 - Black widows, 291
 - Bladder problems, 124
 - Bleach, 248, 304, 342
 - Blood clotting, 69, 87, 356
 - Blood donations, 160
 - Blood pressure. *See* High blood pressure
 - Blood thinners, 4
 - Blue baby syndrome, 308
 - Blueberries
 - in food pairing, 81
 - health benefits, 88
 - smoothie recipe, 135
 - for strep throat relief, 229
 - Body mass index (BMI), 124–125
 - Bone fractures, 236
 - Bone health, 69
 - Bonemeal, 309, 322
 - Borax, 255, 269, 286
 - Boric acid, 281, 282, 283
 - Botox®, 27–29
 - BPA (bisphenol A), 82, 108, 118–119, 262
 - Brain function, 63–64, 87, 126. *See also* Alzheimer's disease; Dementia
 - Brain tumors, 23, 55, 191
 - Brazil nuts, 76
 - Bread, 108, 196
 - Breast cancer
 - myths, 149
 - risk factors, 9, 106, 124, 258
 - Breathing exercise, 189
 - Broadleaf plantain, 320
 - Broad-spectrum light, 49, 50
 - Broccoli, 171–172
 - Brominated vegetable oil (BVO), 97
 - Bronchitis
 - causes, 9, 205–206
 - formula for relieving, 208
 - remedies, 206–210
 - Bronchitis-Bashing Bath Blend, 208
 - Brown recluse spider, 291
 - Bruises, 73, 88
 - Bt (*Bacillus thuringiensis*), 313
 - Bubonic plague, 293, 295
 - Building materials, 263–267
 - Buttermilk, 6, 243
 - B vitamins. *See specific vitamins*
 - BVO (brominated vegetable oil), 97
- C**
- Cabbage
 - for hemorrhoid relief, 84
 - for migraine relief, 196
 - pesticides in, 112
 - for ulcer healing, 83
 - Calcium, 200, 238–239
 - Calcium supplements, 91
 - Calendula oil, 244
 - Canada thistle, 320
 - Cancer
 - flame retardant link, 258
 - mobile device link, 22–24, 26
 - myths, 148–149
 - nail salons and, 33
 - obesity link, 124

- Cancer (*continued*)
 prevention, 73, 79, 85,
 87, 149–151, 156
 Roundup® link, 106
 sleep link, 18
 soda link, 148
 sunscreen link, 32
 tobacco link, 8, 9, 11,
 12
- Candida albicans*, 141–142
- Candles, 154, 155, 252
- Canned foods
 benefits, 82–83
 BPA, 82, 108, 119
 vs. fresh, 79–80
- Cantaloupe, 112
- Can the Stress Cocktail,
 78
- Caramel color, 95
- Carbon monoxide (CO)
 poisoning, 301–303, 351
- Cardboard containers, 270
- Cardiovascular disease.
See Heart disease
- Caregivers, 53
- Carmine, 102
- Carnauba wax, 102
- Carpal tunnel syndrome,
 124
- Carpet
 pests in, 284, 287
 toxins in, 260–261
- Carpet deodorizer, 255
- Carpet padding, 259
- Carpet shampoos, 250
- Carpetweed, 320
- Carrot juice, 78, 128
- Carrots, 77, 81
- Carrot weevils, 326
- Cashews, 76
- Castoreum, 102
- Castor oil, 187
- Catabolic foods, 136
- Caterpillars, 325
- Cat litter, 315
- Catnip, 326
- Cats, 159–160, 163,
 226–227, 297
- Cauliflower, 112
- Cayenne pepper, 44
- Cedar shavings, 287
- Cedarwood oil, 243
- Celery, 112, 164
- Celiac disease, 69–70,
 129, 200, 232
- Cell phones
 cancer risk, 22–24, 26,
 27
 driving and, 352–353
- Cellulite, 127–128
- Cereals, 108
- CFS/FM. *See* Chronic
 fatigue syndrome/
 fibromyalgia
- Chamomile, 48, 223
- Champagne, 160–162
- Cheese, 81, 196
- Cherries, 86, 188, 204
- Chest pain, 36, 158
- Chewing gum, 315
- Chicken, 81
- Chicken pox, 221
- Chicken soup, 206–207
- Chickweed, 320
- Chicory, 321
- Chilblains, 345–346
- Chili, canned, 108
- Chinch bugs, 313
- Chives, 326
- Chlordane, 276, 277
- Chlorinated tris (TDCPP),
 259
- Chlorine, 250
- Chloroform, 251
- Chlorpyrifos, 276–277
- Chocolate
 for cancer prevention,
 87, 150–151
 in food pairing, 81
 hot chocolate, 87
 as rat bait, 293
 shingles and, 224
- Cholesterol. *See* High
 cholesterol
- Christmas Coronary
 Phenomenon, 346–347
- Chronic fatigue syn-
 drome/fibromyalgia
 (CFS/FM)
 causes, 197–198
 formula for relieving,
 200
 prevalence, 198
 symptoms, 198
 treatments, 199–201
- Chronic obstructive
 pulmonary disease
 (COPD), 8, 9, 207
- Chronic pain, 184. *See*
also specific conditions
- Chronic stress, 42. *See*
also Stress
- Chrysanthemums, 326
- Cinnamon uses
 brainpower, 54
 bronchitis relief, 210
 diabetes prevention,
 156
 general health,
 156–157
 pest control, 286
 smoking cessation, 78
 stress reduction, 45

- Citra Solv®, 253
 Citronella, 340
 Citrus oil, 325
 Citrus peels, 175, 252
 CLA (conjugated linoleic acid), 135
 Clary sage, 43
 Classic Hot Chocolate, 87
 Clean 15 produce, 112
 Cleaning products
 - contact with, 247–248
 - formulas for, 254, 261
 - “green,” 253
 - labels, 246–247
 - most toxic, 249–250
 - safe options, 251–255
 Clean plate club, 133–134
 Clothes hangers, 270
 Clothes moths, 286–288
 Clothespins, 39
 Clothing
 - dry-cleaning, 270–271
 - fabrics, 267–269
 - storing, 270
 - washing, 250–251, 269
 Clover, 320
 Cloves, 286
 Clutter, 46, 137, 272–275
 CO (carbon monoxide), 301–303, 351
 Cockroach-Clobbering
 - Cookies!, 282
 Cockroaches, 280, 281–282
 Coconut oil, 44–45
 Coffee
 - for asthma relief, 173
 - benefits and risks, 83, 168
 - for headache relief, 191, 197
 - for pest control, 282
 Cognitive function. *See* Alzheimer’s disease; Brain function; Dementia
 Colds and flu
 - vs. CO poisoning, 302–303
 - death rates, 214
 - driving and, 213
 - exercise and, 212
 - facts, 210–211
 - flu shots, 211
 - formulas for preventing, 215, 216
 - germ transfer, 212–215
 - prevalence, 212
 - remedies, 84, 215–218
 Cold urticaria, 347
 Colon cancer, 18
 Colonoscopy prep, 151
 Color
 - anxiety and, 38–39
 - of garden pots, 122
 Colostrum, 180
 Coltsfoot, 207
 Companion plants, 326
 Compost
 - houseflies and, 281
 - making, 323
 - using, 308–309, 316, 319
 Compost Tea, 324
 Computer use, 26–27, 189, 193. *See also* Mobile devices
 Congeners, 7
 Conjugated linoleic acid (CLA), 135
 Conjunctivitis, 84

- Convenience foods, 108
 Cookware, 117, 140
 COPD, 8, 9, 207
 CO poisoning, 301–303, 351
 Cork flooring, 266
 Corn, 95, 97, 112
 Cornmeal, 319
 Cornstarch, 223, 253
 Corset diet, 131
 Cosmetic surgery, 28, 30
 Cotton ball diet, 131
 Cotton fabric, 268, 280
 Coughs. *See* Bronchitis
 Cough syrup, 206
 Crabgrass, 320
 Cranberries, 83, 84
 Cranberry juice, 174
 Craving-Kickin’ Oil Mix, 17
 Cream of tartar, 165–166
 Crohn’s disease, 235
 Crossword puzzles, 52
 Cruciferous vegetables, 151, 172. *See also specific types*
 CT scans, 185
 Cucumbers, 40, 112, 296
 Cumin, 6
 Curcumin. *See* Turmeric
 Curly dock, 320
 Cuts and scrapes, 84, 241, 343
 Cutworms, 313
 Cycling, 145
 Cypermethrin, 277
- D**
- Dairy products
 - congestion and, 209
 - lactose-free, 90

- Dairy products
(*continued*)
 low-fat, 67–68
 organic, 103, 114
- Dallisgrass, 321
- Dandelion, 321
- Dawn simulators, 48
- DDT, 276, 277
- DE (diatomaceous earth), 284–285
- Dead Sea salt, 243–244
- Death rates
 Botox® use, 28
 flu, 214
 heart disease, 162, 168, 348
 smoking-related, 8, 10
 in winter, 351
- Deep-vein thrombosis (DVT), 356
- Deer mice, 295. *See also*
 Rodents
- DEET, 331–332, 334
- Deglycerinated licorice (DGL), 180
- Dehumidifiers, 288
- Dehydration
 air travel and, 355
 gout and, 203
 signs of, 72, 192
- Dementia
 obesity and, 126, 142
 pessimism and, 59
 prevalence, 54
 prevention, 52–55
 signs of, 54–55
 smoking and, 10
- Depression. *See also* SAD
 alcohol link, 3
 health risks, 184
 obesity link, 126
 remedies, 75–76
 triggers, 58
- De-Stressing Bath Blend, 44
- Detox diets, 132
- DGL (deglycerinated licorice), 180
- Diabetes
 chilblains and, 345
 diet soda link, 66
 formula for preventing, 156
 pesticide link, 106
 prevention, 85, 154–157
 risk factors, 153–154
 signs of, 153, 157
 sleep problems and, 18
 surgery and, 28
 therapy dogs for, 157
 types, 152–153
- Diatomaceous earth (DE), 284–285
- Diazinon, 311
- Dicamba, 109–110
- Diet. *See* Nutrition;
 Weight control
- Dietary supplements, 88–92, 100, 180
- Diet foods (commercial), 129–130
- Diet soda, 66–67, 148
- Dinner plates, 133
- Dirty Dozen produce, 111–112
- Disease-prevention tonic, 164
- Dishwasher detergent, 248
- Disodium dihydrogen pyrophosphate, 102
- Distracted drivers, 24, 352–354
- Distracted eating, 132–133
- Divorce rates, 10
- Dogs
 benefits of, 159–160, 163
 cleaning paws of, 279
 pesticides and, 110
 strep in, 226–227
 therapy dogs, 157
- Doormats, 279–280
- Downsizing homes, 275
- Drain cleaners, 254
- Dried fruit, 196
- Driving habits
 amount of driving, 143–145
 distracted drivers, 24, 352–354
 seat-belt use, 354
 winter driving, 349–350
- Drunk driving, 3, 5, 7, 213
- Dry-cleaning, 268, 270–271
- Dryer lint, 296, 337
- DVT (deep-vein thrombosis), 356
- E**
- Earthworms, 329
- Easy Herbal Moth Repellent, 287
- E-cigarettes, 14
- E. coli*, 281, 355
- Eggplant, 112, 178
- Eggs
 in food pairing, 81

- freshness test, 113
- health benefits, 167
- labels, 101
- production of, 100–101
- for skin care, 30–31
- Elderberries, 216
- Emergency preparedness, 351–352
- Emphysema, 9
- Endocrine system, 249, 252
- Energy bars, 143
- Energy drinks, 97
- English plantain, 207
- Enlist™, 107
- Environmental Working Group (EWG), 111–112, 250
- Epidemics, 217
- Epsom salts, 73, 223, 244
- Ergonomics, 189
- Essential oil uses. *See also specific oils*
 - anxiety reduction, 40
 - carpet deodorizer, 255
 - mood booster, 48, 49
 - psoriasis relief, 243
 - smoking cessation, 17
 - stress reduction, 43, 44
- Ethanol, 251
- Ethyl acetate, 251
- Eucalyptus oil, 45, 208
- EWG (Environmental Working Group), 111–112, 250
- Exercise. *See also Inactivity*
 - brain function and, 52
 - calories burned, 147
 - cancer prevention, 149
 - cautions, 43, 203, 212
 - eating after, 142–143
 - energy bar recipe, 143
 - immunity and, 225
 - SAD and, 50
 - skin health and, 30
 - weight control and, 143–147
- Expiration dates, 112–113
- Extreme-Relief Muscle Massage Oil, 186
- F**
- Fabrics, 251, 267–269
- Fabric softeners, 250–251
- Fabulous Fat-Burning Smoothie, 135
- Faith, 60
- Fast food, 63
- Fats and oils, 96, 135, 183
- Fennel oil, 48
- Fennel seed, 207
- Fermented foods, 196
- Fertilizers
 - chemical, 306–308
 - formula for, 322
 - organic, 308–309, 321–322
 - runoff from, 308
- Feverfew, 196
- Fiber, 134
- Fibromyalgia. *See Chronic fatigue syndrome/fibromyalgia*
- Fight-or-flight, 41–42
- Financial costs
 - clutter, 273
 - smoking, 5–6, 10, 11
- Fipronil, 277
- Fire ants, 340–342
- Fish and seafood, 103–105, 224, 321
- Fish aquariums, 37
- Fish oil, 100
- Flame retardants, 256, 257–258
- Flaxseed, 64, 151
- Flaxseed oil, 49
- Fleas, 284–285, 293, 295
- Floor cleaner, 266
- Flooring, 257, 260–261, 264–267
- Flounder, 224
- Flow, 57
- Flower gardens
 - bee-free, 337–338
 - disease control, 324
 - fertilizers, 321–323
 - pest control, 325–327
 - weed control, 327–330
- Flu. *See Colds and flu*
- Flu shots, 211
- Flypaper, 283
- Fly traps, 283–284
- Folate, 64
- Food. *See Nutrition; Organic foods; Processed foods; specific foods*
- Food additives
 - in processed food, 93, 94, 97–99, 102
 - in supplements, 100
- Food allergies, 90, 105, 235
- Food coloring, 264
- Food cravings, 50, 85
- Food labels
 - on eggs, 101
 - expiration dates, 112–113

- Food labels (*continued*)
 on fish, 105
 natural, 97
 non-GMO, 96
 organic, 96
- Food pairings, 81
- Food sensitivities, 191, 235, 242–243
- Food storage, 114–117
- Foot baths, 187
- Forgiveness, 59
- Four-o’clocks, 326
- Foxtail, 320
- Fractures, bone, 236
- Fragrances, 154–155, 214, 257
- Fragrant Floor Cleaner, 266
- Free radicals
 reducing, 69, 73, 81
 sources of, 32, 160
- Frozen foods, 79–80, 108
- Fructose, 94, 95
- Fruit flies, 286
- Fruits and vegetables.
See also specific foods
 canned, 82–83
 cleaning formula, 113
 fresh, 79–80
 frozen, 80
 intake of, 62, 82
 pesticides in, 85–86, 106–110, 112
- Fungi, in lawns, 317–318
- Fungicides, 329
- Fungus-Fighter Soil Drench, 318
- Furniture. *See* Home furnishings
- Furniture polish, 261
- G**
- GAD (generalized anxiety disorder), 36. *See also* Anxiety
- Gallbladder issues, 124
- Gardening
 as exercise, 147
 flowers, 321–330
 vegetables, 120–122
- Garlic
 for asthma relief, 175
 for bronchitis relief, 210
 in food pairing, 81
 health benefits, 151
 for lawn care, 318
 for pest control, 315, 326
 preventive tonic, 164
 for stroke prevention, 170
- Gatorade®, 8, 192
- Gelatin, 224
- Generalized anxiety disorder (GAD), 36. *See also* Anxiety
- Generators, 301
- Genetically modified organisms (GMOs). *See* GMOs
- Genetic factors
 autoimmune diseases, 230
 diabetes, 154
 gout, 203
 happiness, 56
 headaches, 190
 psoriasis, 240
- Geranium oil, 17, 44, 243
- German chamomile tea, 221
- Germ transfer, 212–215, 354–355
- Giant hogweed (*Heracleum mantegazzianum*), 329–330
- Gin, 329
- Ginger uses
 arthritis relief, 182
 back pain relief, 188
 bronchitis relief, 210
 migraine relief, 196, 197
- Glass cleaner, 253
- Glass terrazzo, 266–267
- Glucose, 95
- Glutathione, 162
- Gluten-free fad, 69–70, 129, 199–200
- Glyphosate, 106
- GMOs (genetically modified organisms)
 foods, 94–97
 multivitamins, 100
 Roundup® and, 107–109
 sugar substitutes, 66
- Goitrogens, 98
- Golf, 185–186
- Golf courses, 278
- Goosegrass, 320
- Gout
 causes, 201–202
 facts, 177, 202–203
 obesity link, 124
 remedies, 73, 86, 203–204
- Gout-Pain-Begone Paste, 204
- Grapefruit, 112
- Grapes
 health benefits, 151

- pesticides in, 112
 - for skin care, 31
 - in smoothie, 64
 - Grass clippings, 309.
 - See also* Lawn care
 - Grass seed, 319
 - Gratitude, 61
 - Graves' disease, 232
 - Gray hair, 42
 - Greens, 151
 - Grilled Rainbow-Pepper Salad, 237
 - Grilling safety, 150
 - Ground beetles, 313, 314
 - Ground ivy, 320
 - Grout cleaner, 304
 - Grubs, 312, 313
 - Gum disease, 9, 11.
 - See also* Oral health
- H**
- Hair dye, 149
 - Hair loss, 42, 47
 - Hand sanitizers, 214, 215
 - Handshakes, 59
 - Hand washing, 214–215
 - Hangovers, 6, 7–8
 - Happiness
 - characteristics, 56–57
 - facts, 56
 - health benefits, 55, 225
 - strategies, 56, 57, 58–61
 - Harlequin bugs, 326
 - Headaches, 190–193. *See also* Migraines
 - Health-care costs, 10
 - Healthy Herbal Potpourri, 155
 - Heart attacks
 - Christmas Coronary Phenomenon, 346–347
 - prevention, 160
 - risk factors, 12, 42, 67, 229, 241
 - signs of, 36, 158
 - survival strategies, 158–159
 - Heart disease
 - death rates, 162, 168, 348
 - formula for preventing, 87
 - pesticide link, 106
 - prevention, 85, 159–162
 - risk factors, 42, 158, 162
 - sleep problems and, 18
 - smoking link, 9, 12
 - surgery and, 28
 - Heart medications, 4
 - Heating systems, 351
 - Heavenly Homemade Hand Sanitizer, 215
 - Hemagglutinin, 98
 - Hemochromatosis, 92, 160
 - Hemorrhagic stroke, 169
 - Hemorrhoids, 84
 - Hepatitis, 33, 218–221
 - Heracleum mantegazzianum* (giant hogweed), 329–330
 - Herbicides. *See* Pesticides and herbicides
 - Herbs. *See also specific herbs*
 - alcohol interaction, 4
 - storing, 117
 - HFCS (high-fructose corn syrup), 94
 - High blood pressure
 - doctor visits and, 163
 - prevalence, 165
 - prevention, 85, 86, 159, 163, 164–166
 - High cholesterol
 - causes, 168
 - formula for reducing, 168
 - heart disease and, 158
 - LDL vs. HDL, 166–167
 - prevention, 156, 159
 - statin drugs for, 167
 - High-fructose corn syrup (HFCS), 94
 - Histoplasmosis, 298
 - Hives, 73
 - Hobo spiders, 291
 - Home-based workers, 247
 - Home furnishings, 256–260. *See also* Carpet
 - Homemakers, 247
 - Home sales, 11
 - H1N1 virus, 33
 - Honey of a Wrinkle Reducer, 31
 - Honey uses
 - cough relief, 206
 - hangover recovery, 6
 - migraine relief, 197
 - shingles relief, 223
 - skin care, 31
 - tonic recipe, 164
 - Hormone disrupters
 - described, 248–249
 - items containing, 32, 140–141, 262

- Hormone disrupters
(*continued*)
 phthalates, 256–257
 Roundup®, 106–109
- Hormone-replacement therapy (HRT), 54, 173–174
- Horseradish, 79, 210
- Hot Healing Liniment, 182
- Hot-pepper sauce, 134, 315
- House fires, 292–293
- Houseflies, 282–284
- Housekeeping, 146–147.
See also Cleaning products
- Houseplants, 252
- HRT (hormone-replacement therapy), 54, 173–174
- Hugs, 60
- Hydration. *See* Water intake
- Hydrion® paper, 233
- Hydrogenation, 93–94
- Hydrogen peroxide, 216, 343
- Hypertension. *See* High blood pressure
- Hypothyroidism, 141
- I**
- IBD. *See* Inflammatory bowel disease
- IBS (irritable bowel syndrome), 236
- Immune system. *See also* Autoimmune diseases
 air travel and, 355
 boosting, 85, 225
- chronic pain and, 176, 184
- happiness and, 55
- nutrition and, 62, 68, 73
- smoking and, 9
- stress and, 42
- Inactivity
 arthritis and, 178, 179
 diabetes risk, 154, 156
 immunity and, 225
 sitting disease, 25, 26
- Inflammatory bowel disease (IBD)
 cause, 41, 236–237
 food and, 235, 237–239
 formula for relieving, 237
 vs. IBS, 236
 natural remedies, 238
 signs of, 236
 types, 235
- Insect repellents, 331–332, 342
- Insects, in food, 99
- Insect stings, 332, 337, 340
- Insurance costs, 5–6, 10
- Intentional inefficiency, 25
- Interphone study, 22–23
- Iron overload, 92, 160
- Irritable bowel syndrome (IBS), 236
- Ischemic stroke, 169
- J**
- Japanese beetles, 326
- Jasmine oil, 44
- Jaw-bone loss, 11
- Joint pain, 86. *See also* Arthritis
- Juicy Fruit® gum, 315
- Juniper oil, 40
- K**
- Ketchup, 108
- Ketoacidosis, 157
- Ketosis, 71
- Kidney disease, 124
- Kidney stones, 73, 85
- Killer bees, 338–339, 340
- Kindness, 57
- Kitchens, 137
- Kiwi, 112
- Klonopin®, 36
- Knotweed, 320
- Knuckle cracking, 177–178
- L**
- Lace bugs, 326
- Lactose intolerance, 90, 238–239
- Ladybugs, 313, 314
- Laminate countertops, 264
- Landlines, 24, 305
- Laptop computers, 24
- Laughter, 60, 174, 225
- Laundry products, 250–251, 269
- Lavender uses
 back pain relief, 187
 migraine relief, 197
 pest control, 287
 skin care, 151, 223
 sleep aid, 21
 stress reduction, 43, 44, 45

- Lawn care. *See also*
 Gardening
 disease control,
 316–319
 as exercise, 146, 147
 fertilizers, 306–309
 formulas for, 309, 318
 mowing, 321, 336
 myths, 310–311
 pest control, 313–315
 pesticides, 309–312
 pest types, 312–313
 weed control, 319–321
- Lawn mowers, 146
- L-cysteine, 102
- LDL cholesterol. *See* High cholesterol
- Leaky gut, 107, 180
- Leaves, raking, 147
- Legumes, 151
- Lemonade, 84–85
- Lemonade Twist, 85
- Lemon balm, 196
- Lemongrass, 287
- Lemon juice, 253, 254
- Lemon oil, 17
- Lemon-Scented Furniture Polish, 261
- Lettuce, 115
- Leukemia, 156
- L-glutamine, 180
- Light
 appetite and, 137–138
 for SAD relief, 48, 49,
 50
 sleep and, 20
- Lime juice, 6, 78, 192
- Liniments, 171, 182
- Linoleum, 264–266
- Liquor. *See* Alcohol intake
- Lively Liver Tonic, 128
- Liver function, 124,
 127–128, 221
- Liver tonics, 128, 220
- Longevity, 16, 19, 57
- Low blood sugar, 191
- Low-carb diets, 70–71,
 131
- Low-fat diets, 67–69
- Lunesta®, 37
- Lung disease, 28, 299.
See also specific types
- Lupus, 232
- Lyme disease, 197
- Lymphatic system,
 127–128
- Lymphoma, 156
- Lysine, 224
- M**
- MA (Marijuana Anonymous), 6
- Macadamia nuts, 220
- Macronutrients, 72
- MAD (modern American diet), 62, 173, 233
- Magnesium
 intake of, 73,
 164–165
 overdose, 92
 sources of, 201
- Malic acid, 201
- Mallow, 320
- Mangoes, 112
- Manicures, 32–34
- Manure tea, 324
- Marijuana, 13
- Marijuana Anonymous (MA), 6
- Marriage, 10
- Marshmallow root, 207
- Marvelous Multinutrient Smoothie, 64
- Massage, 86
- Massage oils, 186, 187
- Meat, 103, 114, 150, 196
- Meat tenderizer, 342
- Medications. *See* Over-the-counter drugs; Prescription drugs
- Mediterranean diet,
 181–182
- Memory loss. *See*
 Alzheimer’s disease;
 Dementia
- Menopause, 9
- Menstruation, 124
- Mental health. *See also specific issues*
 alcohol and, 3
 marijuana and, 13
 smoking and, 9–10,
 14
- Mentholated rub, 332
- Mercury, 225
- Methemoglobinemia,
 308
- Mice. *See* Rodents
- Micronutrients, 72
- Migraine-Mashing Tea,
 196
- Migraines
 formula for relieving,
 196
 myths, 193–194
 remedies, 195–197
 signs of, 194–195
- Milk, for sleep, 19. *See also* Dairy products
- Milk baths, 44, 243
- Milky spore powder, 312
- Mindful eating, 132–133

- Minerals (dietary), 65, 74–75
 Mint, 192, 286, 340. *See also* Peppermint; Spearmint
 Minute pirate bugs, 314
 Mites, 313
 Mobile devices, 22–24
 Modern American diet (MAD), 62, 173, 233
 Mold and mildew, 304
 Mole crickets, 313
 Moles (pest), 315
 Monosodium glutamate (MSG), 94, 95
 Monounsaturated fat, 135
 Monsanto, 107
 Mood, 75–76, 87. *See also* Depression
 Mosquitoes, 332–333
 Mother Earth's Energy Bars, 143
 Moth repellent, 287
 Mousetraps, 295–296
 Mouthwash, 332
 MRIs, 185
 MRSA, 33, 103, 355
 MS (multiple sclerosis), 232
 MSG (monosodium glutamate), 94, 95
 Mulch, for weeds, 327
 Mullein, 207
 Multiple sclerosis (MS), 232
 Multivitamins, 88–92, 100
 Muscle-Recovery Liniment, 171
 Mushrooms, 115
 Mustard, 204, 210, 229
Mycobacterium fortuitum, 33
- N**
 NA (Narcotics Anonymous), 6
 Nail salons, 32–34
 Narcotics Anonymous (NA), 6
 Nasturtiums, 326
 Native plants, 328
 Native seeds, 314
 NEAT (non-exercise activity thermogenesis), 25
 Neck pain, 188–190
 Nectarines, 112
 Negative-calorie foods, 136
 Nematodes, 313
 Neotame, 66
 Neroli, 43
 Niacin, 202
 Nicotine Anonymous (NicA), 6
 Nightshade vegetables, 178
 Nitrogen, in fertilizer, 322
 Noise, 170–171
 Nondairy creamer, 77
 Non-exercise activity thermogenesis (NEAT), 25
 Non-GMO Project, 96
 Nonsteroidal anti-inflammatory drugs (NSAIDs), 4, 180
 Nonstick cookware, 117, 140
 NSAIDs, 4, 180
 Nutrition. *See also* Organic foods; Processed foods; *specific foods*
 diet fads, 67–71, 128–132, 136
 for immunity, 225
 key elements, 72–75
 poor habits, 62–63
 from smoothie recipe, 64
 superfoods, 83
 supplements, 88–92
 sweeteners, 63–66
 Nuts and seeds, 75–76, 81, 224. *See also specific types*
 Nylon fabric, 268–269
- O**
 OA. *See* Osteoarthritis
 OA (Overeaters Anonymous), 6, 132
 Oatmeal, 223
 Oatmeal baths, 83–84, 223
 Obesity and overweight. *See also* Weight control
 belly fat, 125–126, 154
 as contagious, 139
 diet soda link, 66
 health risks, 124, 149, 154, 173, 176, 179, 183, 185, 203, 240
 mental health and, 52, 126
 pesticide link, 106
 prevalence, 125, 140
 surgery and, 28
 surgery for, 126–127

- weight guidelines, 124–125
 - Oils, essential. *See* Essential oil uses
 - Oils, vegetable. *See* Fats and oils
 - Old-Fashioned Movie Theater Popcorn, 118
 - Olive oil, 7, 84, 261
 - Omega-3 fatty acids, 64
 - Omega-6 fatty acids, 183
 - One for the Road cocktail, 3
 - Onions
 - for anxiety relief, 38
 - for bronchitis relief, 210
 - for cold symptom relief, 84
 - in food pairing, 81
 - pesticides in, 112
 - storing, 116
 - Onion skins, 165
 - Optimism, 57
 - Oral health
 - chocolate for, 87
 - diet soda link, 67
 - smoking and, 9, 11
 - stress and, 42–43
 - Oral thrush, 142
 - Orange oil, 44, 49
 - Oregano oil, 244
 - Organic foods, 96, 110–114, 129
 - Organic seeds, 121
 - Osteoarthritis (OA)
 - remedies, 181
 - risk factors, 124, 176, 179
 - symptoms, 177
 - Osteoporosis, 9, 238–239
 - Outbreak, defined, 217
 - Outdoor time, 45–46, 48
 - Oven cleaners, 250
 - Overeaters Anonymous (OA), 6, 132
 - Over-the-counter drugs, 4, 161, 193
 - Oxybenzone, 32
 - Oxytocin, 53, 60
- P**
- Paint, 263–264
 - Pancreatic cancer, 148
 - Pandemics, 217
 - Papayas, 97, 112
 - Parabens, 32, 214
 - Parkinson's disease, 81
 - Parsley, 128
 - Pastinaca sativa* (wild parsnip), 330
 - PBO (piperonyl butoxide), 277
 - PCBs (polychlorinated biphenyls), 225
 - PCE (perchloroethylene), 270–271
 - Peaches, 112, 115
 - Peanut butter, 81, 296
 - Peanut oil, 244
 - Pearl scale, 313
 - Peas, 112
 - Pedicures, 32–34
 - Pedometers, 146
 - Peppermint, 208, 287, 325
 - Peppers
 - arthritis and, 178
 - for bronchitis relief, 210
 - pesticides in, 112
 - salad recipe, 237
 - storing, 115
 - PERC (perchloroethylene), 270–271
 - Perfect Produce Cleaner, 113
 - Perfluorochemicals (PFCs), 256, 268
 - Perfluorooctanoic acid (PFOA), 256
 - Peripheral artery disease, 9
 - Permethrin, 277
 - Pernio, 345–346
 - Pessimism, 59
 - Pest control
 - ants, 286
 - bedbugs, 288–292
 - clothes moths, 286–288
 - cockroaches, 281–282
 - fleas, 284–285
 - for flowers, 325–327
 - formulas for, 282
 - fruit flies, 286
 - houseflies, 282–284
 - for lawns, 312–315
 - rodents, 292–299
 - spiders, 291
 - strategies, 280–281, 283
 - Pesticide poisoning, 311, 312
 - Pesticides and herbicides
 - banned, 276, 277
 - in fish, 321
 - in food, 85–86, 106–110, 112
 - in homes, 276–279
 - immunity and, 225
 - in lawn care, 309–312
 - mole poison, 315

- Pesticides and herbicides
(*continued*)
safety testing, 317
statistics, 322, 325,
327, 330
- PETE (polyethylene
terephthalate), 262
- Pets. *See* Cats; Dogs
- Petunias, 326
- PFCs (perfluorochemicals),
256, 268
- PFOA (perfluorooctanoic
acid), 256
- pH balance, 233
- PHN (postherpetic
neuralgia), 221–222
- Phosphates, 97–98
- Phosphorus, in fertilizer,
322
- Phthalates, 256–257
- Phytates, 98
- Phytic acid, 98
- Phytonutrients, 72–73
- Pigweed, 320
- Pineapples, 112
- Pine-based cleaner, 315
- Pine tar soap, 336
- Pinwheels, 315
- Piperonyl butoxide (PBO),
277
- Plaster of paris, 293
- Plastic bags, 270
- Plastics
diabetes and, 154, 155
toxins in, 118–119
types by number, 262
- PMS, 86
- Pneumonia, 9, 205
- Polycarbonates, 262
- Polychlorinated biphenyls
(PCBs), 225
- Polyester fabric, 267, 268
- Polyethylene, 262
- Polyethylene terephthalate
(PETE), 262
- Polypropylene, 262
- Polystyrene, 119, 262
- Polyurethane, 258–259
- Polyvinyl chloride. *See*
PVC
- Popcorn, 117–118
- Pork, 86
- Portable generators, 301
- Postherpetic neuralgia
(PHN), 221–222
- Posture, 189
- Potassium
in fertilizer, 322
nutrient, 50, 92,
164–165
- Potatoes
arthritis and, 178
for blood pressure
reduction, 165
health benefits, 88
pesticides in, 112
as rat bait, 293
storing, 115
- Potpourri, 155
- Poultry, 103. *See also*
Eggs
- Prediabetes, 153, 155
- Prescription drugs
alcohol and, 4
anti-anxiety, 36–37, 40
antidepressants, 58
dangers of, 161
dementia and, 52
headaches and, 193
psoriasis and, 241–242
stevia and, 67
- Prickly lettuce, 320
- Processed foods
additives and chemicals
in, 93, 94, 97–99, 102
GMOs in, 66, 94–97,
100
hydrogenation, 93–94
intake of, 63, 94
labels, 96, 97
pesticides and
herbicides in, 108
- Promensil®, 174
- Prostate cancer, 148
- Psoriasis
cause, 239, 242–243
formula for relieving,
242
health risks, 239–240
prevalence, 239
remedies, 242–244
risk factors, 240–241
triggers, 241–242
- Psoriatic arthritis, 177,
240, 244
- Pulmonary embolism,
356
- Purslane, 320
- PVC, 118–119, 140–141,
256–257, 262
- R**
- RA (rheumatoid arthritis),
177
- Race, and diabetes, 154
- Radiation, 22–24, 26
- Radon, 299–300
- Raised-bed gardens,
120–122
- Raspberries, 81
- Raspberry blossoms, 223
- Raspberry leaves, 166
- Rats. *See* Rodents

- Raynaud's disease, 346
 Rayon fabric, 268
 Real estate, and smoking, 11
 Reel mowers, 146
 Rejuvenating Liver Tonic, 220
 Rekindle-Your-Fire Bath, 50
 Repetitive stress injuries, 26
 Retinyl palmitate, 32
 Rheumatoid arthritis (RA), 177
 Rhubarb, 253
 Riboflavin, 74
 Rice, black, 83
 Rocking chairs, 201
 Rodents
 cleanup safety, 294
 eliminating, 293, 295–298
 health risks, 292–293, 295
 poison formula, 296
 snakes and, 344
 ticks and, 337
 Roller coasters, 170
 Rose chafers, 326
 Rosemary uses
 back pain relief, 186
 bronchitis relief, 208
 CFS/FM relief, 199
 pest control, 287
 stress reduction, 43, 45
 stroke recovery, 171
 Roses, 326
 Roundup®, 106–109
 Routines, and sleep, 20
 Rubber flooring, 265
 Rubbing alcohol, 332, 335, 343
 Rugs, 260
 Rust removers, 252–253
- S**
- SAD (seasonal affective disorder)
 facts, 51
 formula for relieving, 50
 prevalence, 48, 49
 remedies, 48–50
 signs of, 47, 50
 Salmon, 103–104
Salmonella bacteria, 281
 Salsa, 108
 Salt, 253, 255
 Salt cravings, 164
 Sandbur, 320
 Scale insects, 313
 Scallions, 164
 Scented candles, 154, 155
 Sciatica, 73, 187
 Scouring powder, 255
 Seasonal affective disorder. *See* SAD
 Seat belts, 354
 Seaweed, 39, 322
 Secondhand smoke, 10, 11–12, 17, 225
 Sensational Sciatica Solution, 187
 Sexual activity, 30
 Sexual impotence, 9
 Shellac, 102
 Shellfish allergy, 90, 105
 Shepherd's purse, 320
 Shingles, 221–224
 Shoes
 arthritis and, 179
 fire ants and, 341–342
 for walking, 145–146
 Shortness of breath, 36, 158
 Shrimp, 104–105
 Shrubs, 328
 Sick building syndrome, 263
 Silk fabric, 271
 Silver polish, 255
 Simple Green®, 253
 Sitting disease, 25, 26
 Sjögren's syndrome, 232
 Skin cancer, 33
 Skin care
 formula for, 31
 pain or itching, 83–84
 sun protection, 31, 32
 wrinkles, 27–31
 Skin So Soft Original Bath Oil, 332
 Sleep apnea, 124
 Sleeping aids, 4, 5
 Sleep problems
 alcohol use and, 5
 body weight and, 141
 causes and remedies, 19–22
 computer use and, 26
 excessive sleep, 22
 formula for relieving, 19
 health risks, 17–19, 156, 184, 190, 225
 prevalence, 17, 18, 22
 signs of, 18
 Slugs and snails, 325
 Smokeless tobacco, 11
 Smoking
 costs of, 10–11
 death rates, 8, 10

- Smoking (*continued*)
 e-cigarettes, 14
 health risks, 8–11, 158,
 184, 185, 225, 240
 myths, 11–12
 surgery and, 28
- Smoking cessation
 formula for, 17
 for skin health, 30
 tips for, 12, 15, 17,
 77–78, 85
 weight gain and,
 16–17
- Smoothies
 Aloe-Blueberry, 242
 Banana-Walnut, 156
 Fabulous Fat-Burning,
 135
 Marvelous
 Multinutrient, 64
- Snack foods, 108
- Snakes and snakebites,
 344–345
- Snap peas, 112
- Snoozefest Punch, 19
- Snow shoveling, 347–348
- Social engagement, 52,
 159–160, 225
- Soda, 66–67, 97, 148
- Sod webworms, 313
- Soft-scrub cleanser, 255
- Soil sandwich, 122
- Sonata®, 37
- Sound therapy, 39–40
- Soy, 95, 98
- Spaghetti sauce, 108
- Spearmint, 209
- Spider mites, 326
- Spiders, 291
- Spinach, 112
- Spinach-Apple Salad, 200
- Spined soldier beetles,
 313
- Sports drinks, 8, 192
- Sprouts, 99–100
- Spurge, 320
- Squash, 97
- Staph (MRSA), 33, 103,
 355
- Statin drugs, 167
- Stevia, 67
- St. John's wort oil, 187
- Storage containers, 270
- Storage rentals, 273
- Storm alerts, 351
- Strawberries
 for gout, 204
 pesticides in, 109, 112
 storing, 115
 for weight loss,
 135–136
- Strep throat
 causes, 224, 226–227
 myths, 226
 remedies, 227–229
 symptoms, 226
- Stress
 exercise and, 43
 formulas for reducing,
 43, 44, 78, 85
 health risks, 41–43,
 168, 173, 184, 188,
 225, 240
 prevalence, 44
 remedies, 44–47, 159
 signs of, 43–44
- Stroke
 causes, 170–171
 formula for preventing,
 87
 formula for recovery
 from, 171
- prevalence, 170
 prevention, 87,
 170–171
 recovery, 74, 171
 signs of, 55, 169, 191
 smoking link, 9
 statin drugs and, 167
 types, 169–170
- Sucralose, 66
- Sugar
 brain and, 63–64
 cancer and, 148–149
 intake of, 65
 for pest control, 282
- Sugar substitutes, 64–66,
 68
- Summer squash, 97, 115
- Sunflower seeds, 76
- Sunglasses, 32
- Sunscreens, 31, 32
- Super-Safe Lawn
 Fertilizer, 309
- Sweet potatoes, 83, 112
- Swine flu (H1N1), 33
- T**
- Tansy, 287
- Tattoos, 219, 241
- T cells, 239
- TDCPP (chlorinated tris),
 259
- Tea, 76–77, 83, 171
- Tea tree oil, 223, 254
- Telephones
 cell phones, 22–24, 26
 landlines, 24, 305
- Television
 in bedrooms, 21
 happiness and, 56
 heart disease and,
 162

- weight gain and, 138–139
- Temperature, and weight gain, 139–140
- TENS (transcutaneous electrical nerve stimulation), 181
- Texting, 24, 27, 353
- Therapy dogs, 157
- Thiamine, 200
- Thrips, 326
- Thrush, 142
- Thyme, 207, 208
- Thyroid function, 141
- TIAs (transient ischemic attacks), 169–170
- Ticks
 - formula for killing, 335
 - health risks, 333–335, 336
 - in mice nests, 337
 - removing, 335–336
 - repellents, 332, 336
- Titanium dioxide, 98
- Toads, 314
- Tobacco use. *See*
 - Smokeless tobacco;
 - Smoking
- Tofu, 95
- Toilet cleaners, 250, 255
- Tomatoes
 - arthritis and, 178
 - in food pairing, 84
 - health benefits, 79, 80, 151
 - pesticides in, 108, 112
 - storing, 116
- Tomato juice, 221
- Toodle-oo Tick Spray, 335
- Toothbrushes, 227
- Tooth decay. *See* Oral health
- Topical pain creams, 178
- Toxic overload, 248
- Toxins, 225, 231–234.
 - See also* Food additives;
 - Pesticides and herbicides
- Transcutaneous electrical nerve stimulation (TENS), 181
- Transient ischemic attacks (TIAs), 169–170
- Travel hazards
 - air travel, 354–356
 - bedbugs, 290–292
 - driving, 352–354
- Trees, 328
- Triacetate fabric, 268
- Triclosan, 213
- Triglycerides, 166
- Triumphant Disease-Trumping Tonic, 164
- Tuberculosis, 228
- Turmeric, 78–79, 188, 210
- 12-Step programs, 6
- 2,4-D, 109–110
- Tylenol®, 4
- Tyramine, 195–196
- U**
- UF (urea formaldehyde), 260
- Ulcerative colitis, 235
- Ulcers, 41, 83
- Ultra-Safe Mouse and Rat Poison, 296
- Ultra-Safe Wood Stain, 264
- Unhappiness, 55–56, 225
- Upholstery shampoos, 250
- Urea formaldehyde (UF), 260
- Uterine cancer, 148
- V**
- Vaccines, 211, 222–223
- Vacuum cleaners, 258
- Valium®, 36
- Vanilla, 43, 44, 332
- Vegetable gardens, 120–122
- Vegetable oils. *See* Fats and oils
- Vegetables. *See* Fruits and vegetables; *specific foods*
- Vinegar uses. *See also*
 - Apple cider vinegar uses
 - air freshener, 252
 - cleaning formulas, 254, 266
 - drain de-clogger, 254
 - insect sting relief, 332
 - laundry, 251
 - mold and mildew remover, 304
 - rust remover, 253
 - toilet cleaner, 255
 - weed control, 329
- Vinyl flooring, 257, 264
- Viruses, and antibiotics, 209
- Vision, 9, 68
- Vitamin A
 - deficiency, 74
 - function, 68
 - overdose, 92
 - in sunscreen, 32
- Vitamin B₁, 200
- Vitamin B₂, 74, 202

- Vitamin B₁₂, 64, 200
- Vitamin C
for CFS/FM relief, 201
deficiency, 74
for energy boost, 50
for skin care, 30
- Vitamin D
deficiency, 74
function, 68–69
for SAD relief, 48
- Vitamin deficiencies, 9, 73–74
- Vitamin E
function, 69
overdose, 92
for stress reduction, 40
- Vitamin K, 69
- Vitamin supplements, 88–92, 100
- VOCs (volatile organic compounds), 259–260, 263, 264
- Vodka, 332
- W**
- Walking, 143–146
- Wallets, and back pain, 185
- Walnuts, 76, 81, 156
- Warts, 34
- Washing soda, 269
- Wasps, 337, 340
- Water intake
air travel and, 355
gout and, 203
for headache relief, 192
requirements, 71–72
- Weather alerts, 351
- Weather stripping, 264, 281
- Weed control, 319–321, 327–330
- Weed-Wipeout Tonic, 329
- Weevils, 325
- Weight control. *See also* Obesity and overweight
diet fads and myths, 67–71, 128–132, 136
eating habits and, 132–134, 142–143
exercise for, 142–147
formula for, 135
health issues, 141–142
home atmosphere and, 136–141
smoking cessation and, 16–17
tips for, 85, 134–136
TV viewing and, 138–139
- Weight-loss surgery, 126–127
- White-coat hypertension, 163
- Whiteflies, 326
- White flour, 63
- Whole grains, 69, 81, 151
- Wild parsnip (*Pastinaca sativa*), 330
- Wild violet, 320
- Windows, 264, 281
- Wine, 81, 332
- Winter
health risks, 345–347, 351
preparedness, 351–352
safe driving, 349–350
snow shoveling, 347–348
storm alerts, 351
- Wireless devices. *See* Mobile devices
- Witch hazel, 223, 254
- Wood, cleaning, 254
- Wood ashes, 309
- Wood-stain formula, 264
- Wool fabric, 251, 271
- Wormwood (*Artemisia absinthium*), 340
- Worry vs. anxiety, 35. *See also* Anxiety
- Wrinkles
Botox®, 27–29
cosmetic surgery, 28
safe solutions, 29–31
- X**
- Xanax®, 36
- Xanthan gum, 95
- Y**
- Yeast, 196
- Yellow nutsedge, 321
- Yellow wood sorrel, 320
- Yoga, 186–187, 189
- Yogurt, 64, 81, 84
- Z**
- Zinc, 74
- Zucchini, 97, 115