

Below is information I received via email a long time ago. These are someone else's thoughts and observations. Do what you think you should with it.

Keep this on the Fridge

Did You Know That? Drinking two glasses of [Gatorade](#) can relieve headache pain almost immediately -- without the unpleasant side effects caused by traditional "pain relievers."

Did you know that [Colgate](#) toothpaste makes an excellent salve for burns.

Before you head to the drugstore for a high-priced inhaler filled with mysterious chemicals, try chewing on a couple of curiously strong [Altoids](#) peppermints. They will clear up your stuffed nose.

Achy muscles from a bout of the flu? Mix 1 Tablespoon of horseradish in 1 cup of olive oil. Let the mixture sit for 30 minutes, then apply it as a massage oil, for instant relief for aching muscles.

Sore throat? Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon six times a day. The vinegar kills the bacteria.

Cure urinary tract infections with [Alka-Seltzer](#) . Just dissolve two tablets in a glass of water and drink it at the onset of the symptoms. [Alka-Seltzer](#) begins eliminating urinary tract infections almost instantly -- even though ! the product was never been advertised for this use. **(Note: [Alka-Seltzer Plus Cold Medicine](#) is not the same..and contains aspirin, which can cause stomach bleeding if you have ulcers.)**

Honey remedy for skin blemishes... Cover the blemish with a dab of honey and place a [Band-Aid](#) over it. Honey kills the bacteria, keeps the skin sterile, and speeds healing. Works overnight.

[Listerine](#) therapy for toenail fungus... Get rid of unsightly toenail fungus by soaking your toes in [Listerine](#) mouthwash. The powerful antiseptic leaves your toenails looking healthy again.

Easy eyeglass protection... To prevent the screws in eyeglasses from loosening, apply a small drop of [Maybelline Crystal Clear](#) nail polish to the threads of the screws before tightening them.

[Coca-Cola](#) cure for rust... Forget those expensive rust removers. Just saturate an abrasive sponge with [Coca Cola](#) and scrub the rust stain. The phosphoric acid in the coke is what gets the job done.

Cleaning liquid that doubles as bug killer... If menacing bees, wasps, hornets, or yellow jackets get in your home and you can't find the insecticide, try a spray of [Formula 409](#). Insects drop to the ground instantly.

Smart splinter remover...just pour a drop of [Elmer's Glue-All](#) over the splinter, let dry, and peel the dried glue off the skin. The splinter sticks to the dried glue.

[Hunt's!](#) tomato paste boil cure....cover the boil with [Hunt's](#) tomato paste as a compress. The acids from the tomatoes soothe the pain and bring the boil to a head.

Balm for broken blisters...To disinfect a broken blister, dab on a few drops of [Listerine](#) ... a powerful antiseptic.

[Heinz](#) vinegar to heal bruises... Soak a cotton ball in white vinegar and apply it to the bruise for 1 hour. The vinegar reduces the blueness and speeds up the healing process.

Kills fleas instantly. [Dawn](#) dish washing liquid does the trick. Add a few drops to your dog's bath and shampoo the animal thoroughly. Rinse well to avoid skin irritations. Goodbye fleas.

Rainy day cure for dog odor... Next time your dog comes in from the rain, simply wipe down the animal with [Bounce](#) or any dryer sheet, instantly making your dog smell springtime fresh.

Eliminate ear mites... All it takes is a few drops of [Wesson corn oil](#) in your cat's ear. Massage it in, then clean with a cotton ball. Repeat daily for 3 days. The oil soothes the cat's skin, smothers the mites, and accelerates healing.

[Quaker Oats](#) for fast pain relief....It's not for breakfast anymore! Mix 2 cups of [Quaker Oats](#) and 1 cup of water in a bowl and warm in the microwave for 1 minute, cool slightly, and apply the mixture to your hands for soothing relief from arthritis pain.

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