

thumb, you can rub your gums for a few minutes each day with the white part. Bleeding should stop in a few days.

### ***Skin Beauty Tips from an Exclusive Salon***

Paul Nienast is unique in the world of beauty care. His salon in Dallas is probably one of the most exclusive of its kind in America. This is not due to the fact that it rivals salons in Paris or New York City for professional hair and skin care, even for society's elite who flock to it from all over the country in search of eternal youth. His salon is exceptional because it probably uses more fresh fruits, vegetables, grains, oils, and dairy products on its clientele than any other single salon in America.

Paul consented to share for the very first time with the public in a book such as this some of his other remarkable "secret" techniques for incredibly beautiful skin that could fool many people into thinking you're 15-20 years younger. His wrinkle-remover formula is one of the most popular and sought after by the thousands who flock to his salon every month.

Take 2 slices of a lemon and put them in a wooden bowl (never metal or plastic). Add just enough half-and-half which has been previously heated to lightly above warm to cover. Cover the bowl and let set for about 3 hours, after which the solution is strained and gently massaged directly into the skin in a rotating fashion with the tips of the middle three fingers. Allow it to dry on the skin, then remove with a wet wash cloth and a little olive oil.

By doing this morning and evening, wrinkles should begin to disappear within a matter of just a few weeks or even less, depending, of course, on just how deep and old the skin lines are. If the skin is very oily, use 4 slices of lemon instead; if the skin is somewhat dry, use only 1 slice of lemon and double the amount of half-and-half.

"My wrinkle-removing formula is also terrific for rough, chapped 'dishpan' hands," Paul added. "From personal experience, I can tell you that there's probably not another application around that is so perfect for whitening and softening the hands with. I suggest that a couple of orange slices be added as well to the two lemon slices before the warm half-and-half is poured over them."

Paul finds a lemon juice compress to the skin is great for clearing up discoloration problems. "Just soak a wash cloth or small hand towel in a solution of the juice from 3-4 lemons and 1 lime diluted with a little hot water," he said. "Then apply directly to the skin for up to half an hour. It really gets rid of any blotches quite nicely and sort of evens the color out more."

"I make another blotch-remover by applying a banana purée with the juice of 1 or 2 lemons mixed in. It's also very effective evening out those areas that may be light and dark colors in the same place."

He briefly ranked the different citrus fruits according to their usefulness on the skin. "Only fresh fruit juice must be used in all instances, he warns. "Anything less than this simply won't do. Lemon is a good astringent for closing the pores and helping to tighten things up a bit. Because it's very acidic, I recommend diluting it with a little water. Orange juice is the best skin softener I know of in the fruit juices. Like lemon, it's good for normal to oily skin. Orange really seems to perk up dull, lifeless skin. While grapefruit isn't as dramatic an astringent as lemon, the juice is good for neutralizing fatty acids on the skin and doesn't require any diluting."

At Paul's salon in Dallas, a black fig purée with a little tangerine juice is used as a facial for half an hour to help tighten skin and close loose pores. After which it's removed with cool water. For blemishes, a paste is made by soaking a slice of white bread in  $\frac{1}{4}$  cup of warm milk along with 1 packet or cube of yeast. This is then applied to the skin for about 40 minutes and later removed with water.

A two-step treatment recommended for vibrant-looking skin is this. First, take some cotton balls and completely saturate them in a solution of equal parts of apple cider vinegar and hot water. Then, carefully cleanse the skin with them. After which some fresh orange juice is then applied and left to dry. A moist wash cloth can then be used to lightly wipe the face after this for fabulous looking skin.

### ***Lemon and Migraines***

Elana Russo of New York City wrote about a remedy which her grandmother used for getting rid of migraine headaches. A peeled lemon skin was turned white side down and placed on a handker-

Laboratories, one of the makers of the drug, sent a form letter to over 22,000 surgeons warning them of several of its possible side effects. Among them are transverse myelitis (inflammation of the spinal cord), which can lead to muscle paralysis and analeptic shock.

Still, though, chymopapain remains an effective therapy for relieving back pain where surgery can and ought to be avoided. Using several herbs will help to reduce the risks associated with it. Just prior to and for sometime thereafter, an individual receiving chymopapain from his or her attending physician here or in Canada, should be drinking several cups of yarrow-chamomile tea each day *and* rubbing the spinal column with some CamoCare Cream from Abkit of New York. A good peppermint oil from any local health food store is likewise recommended for the spine too, rubbing a little in each day. To make the tea, bring 1 quart of water to a boil. Remove from the heat and add 1 1/2 tbsp. cut, dried yarrow and 1 1/2 tbsp. cut, dried chamomile. Stir a little before covering with a lid. Steep for 50 minutes before straining.

### ***Cosmetic Applications***

Paul Neinast employs papaya and pineapple in his renowned Dallas beauty salon. He prepares a papaya facial mask by puréeing a little bit of the peeled, ripe fruit (minus seed) in a blender. He claims that this "really helps to lift blackheads off the skin." And he finds that rubbing a chunk of peeled ripe pineapple segment over the skin not only neutralizes fatty acids, but also wipes up any greasy film which might be on the surface.

For a youthful, smoother complexion, try using a formula that includes green papaya concentrate, sunflower seed oil, and blackstrap molasses. Take one green papaya, if available in your area, and cut it up into 2" chunks. Put them and the milky latex in a food blender and purée until thick and even. Then add approximately 2 tbsp. of sunflower oil and 2-3 tbsp. of molasses and whip again until smooth. The consistency should just be thick enough to adequately spread on the face, forehead, throat, and neck each night without being runny or messy. A couple of tablespoons of whipping cream and 4 egg whites should also be added at the very last, but only blended for about 15 seconds and no longer.

But wait, there's more: if 1 tsp. each of ground tarragon, paprika, ground turmeric, and ground basil and 1 tbsp. of lemon juice, along with  $\frac{2}{3}$  cup of spring or distilled water were added with the two ripe tomatoes and thoroughly blended, you would have a zesty, lip-smacking beverage that would contain almost 1,200 mg. of straight potassium *and only* about 15 mg. of sodium. This is an incredible ratio of 80:1 and potent therapy for helping to bring hypertension under control!

### ***Turning Sunburn into a Nice Tan***

Paul Neinast, owner and operator of Dallas' leading beauty salon, came up with a nifty idea for turning a relatively painful sunburn into a modestly decent tan. He takes peeled tomato slices, soaks them in buttermilk, then applies them directly to the skin. They not only help to relieve the pain, but also close up the pores and turn the burn into some kind of a tan. Another way he has used them is to make a purée out of *thinly* peeled tomatoes with a little bit of buttermilk added, but not enough to make it too runny. This, then, is spread over sunburned skin to give a more even and slightly darker tan.

### ***Heals Festering Wounds and Sores***

In Papua, New Guinea, some Stone Age tribes still rely on the pounded leaves of wild tomato plants in the form of poultices as a means of helping to heal old wounds and sores. A couple from Rhode Island shared similar minor experiences of their own with me in this regard. He had a badly festering forefinger that kept oozing out a lot of pus and blood. So he took a slice of fresh tomato and wrapped it around the finger, holding the same in place with some adhesive tape. He changed this a couple of times a day and within 2-3 days the infection had all cleared up.

His wife, on the other hand, had been trying out some new high heels recently purchased at an expensive department store in downtown Providence. But they were too small for her and kept pinching her big toe. Soon an excruciating pain developed. She just put a slice of tomato over it, then some gauze, and finally taped it down. *In less than a day*, the pain had entirely gone! Such is the power of tomatoes.

Those who've had occasion to use this wonderful remedy report that it seems to work great on acne vulgaris and dried, old, scaly skin. There appears to be a rapid turnover of epidermal (surface) skin cells, which leads to a much younger, baby-soft type of skin for many. Some have even claimed that the papain present in this formula has actually lightened dark patches in their skin or nearly faded away existing freckles. But documented proof is wanting on these assertions, so they must be taken for just what they are—untested claims—until more solid evidence can be forthcoming in the near future.

### ***Healing Wounds and Sores***

The papain in papaya, because of its incredible ability to digest dead tissue without affecting the surrounding live tissue, has gained for itself the reputation of being a "biological scalpel."

This reminds me of an episode which occurred about a decade ago in a London hospital. A young doctor recently assigned to the medical staff from South Africa, was treating a male patient with a lingering infection from abdominal surgery. Antibiotics had proved virtually useless.

Remembering an old folk remedy, this physician purchased all of the ripe papayas at a local market. He instructed the nurses to slice some of the fruit in strips and judiciously place them over the patient's wound, leaving them there for about 5 hours before replacing with fresh ones. Needless to say the infection cleared up in a day or so and the patient was discharged shortly thereafter.

Cold sores around the lips and inside the mouth, cracked and furred tongue and inflamed tonsils can all be readily cleared up by sucking and chewing on several papaya tablets a couple of times each day until healed. In Brazil a piece of the fresh leaf is chewed for oral sores or else just tied onto a wound or external sore with good success.

### ***Treating Inner Ear Infection***

A really good oil for curing inner ear infection can be made by soaking 4-6 crushed, powdered papaya tablets, and 2 peeled, finely

### ***Helps Tighten Loose Skin***

For those who are bothered with loose, sagging skin around the face and throat areas or abdominal region due to recent loss of weight, an effective remedy used by Paul Neinast of Dallas in his famous beauty salon might just be worth trying. Neinast takes the yolks of 2 eggs and beats them with  $\frac{1}{2}$  cup of olive oil. This then is brushed on the customer's face and throat and left there for 10 minutes. After which the stiffly beaten whites of both eggs are put over this, and the entire mask left for about half an hour. He claims that it really tightens up the skin!

### ***How to Get Rid of Gallstones***

For the complete removal of gallstones, the following remedy seems to have worked for several thousand people across the United States and in Canada. Of this estimated number, I've personally interviewed about 125 within the last decade during my extensive lectures from coast to coast and in both countries. In every single instance, the treatment with some slight variations here and there always seem to have met with success. From these different variations, I've put together a relatively simple and pretty basic program that is 90% guaranteed to succeed in getting rid of stones.

The first step involves a two-day, mild food fast and an easy internal cleansing that will help to prepare the body for the other steps later on. Only vegetables and fruits such as peaches, pears, soaked prunes (and the juice), figs, and psyllium seeds should be consumed. In a food blender, combine 1 cup of carrot juice (either fresh or canned), 1 cup each of diced peach and pear halves (either fresh or canned with their respective syrups), about 5 pitted, soaked prunes *and*  $\frac{1}{4}$  cup bottled prune juice, 1 bunch of chopped parsley, and 2 tbsp. powdered psyllium seeds from any local health food store. Liquefy for 3-4 minutes. Makes a quart and can be refrigerated for several days. Drink 2 cups of this health juice cocktail every 4 hours during this two-day fast in which you should also be consuming plenty of soups and salads, but avoiding meat, bread, dairy products, coffee, soft drinks, condiments (catsup, mustard, pickles, mayonnaise), deep-fried foods, sweets, and the like.

## GRAPES AND RAISINS

*(Vitis species)*

### ***Brief Description***

Grapes are readily identifiable as a fruit, with their trailing, climbing, tendril-clasping, wide leaved vines and pale green to reddish-purple fruit. Nearly half of this plant's innumerable grapes are native to North America. Many of our present species evolved from their cousins in the wild, such as the fox grape which kept the Lewis and Clark Expedition from near starvation. It's the ancestor of the now famous Concord grape. Apocryphal and ancient Jewish rabbinical sources all seem to suggest that the forbidden fruit consumed by Adam and Eve in the Garden of Eden was, in reality, a bunch of grapes and not the proverbial apple!

### ***Wonderful Skin Moisturizers***

The Dallas-based Neinast Salon is the beauty mecca for that city's top media personalities, business executives, bankers, attorneys, doctors, and real estate giants. The majority of patrons are men who come to receive a variety of services.

Owner Paul Neinast has shared a number of his beauty secrets for the first time in a book like this. Earlier some of these were mentioned under citrus fruits. Here we deal with his wonderful skin moisturizers from grapes.

"I find that the green Thompson seedless kind make the best facial toner for dry, sensitive skin," he began. "Just cut the grapes in half and slowly squeeze the juice on the lips and beneath the eyelids. Also rub some of the juice around the corners of the mouth and eyes as well. It's great for getting rid of crow's feet and the tiny cracks around the edges of the mouth. Or these grape halves can be cut into a small "X" and crushed right on the skin and left there for 20 minutes or so. Or they can be mixed up in a blender and lightly rubbed all over the face, forehead, throat, and neck and kept on for a little less than half an hour before removing.

"I also recommend champagne for tightening up loose skin and closing the pores. Champagne costing between \$5 and \$7 a bot-

tle is good enough to use. Just splash some on the skin as you would after-shave lotion or cologne and let the air dry it out. We've also used this a lot on women's skin with good results. The champagne works especially well on middle-aged to older women who have slightly sagging, drooping skin problems beneath the eyes and around their throats," he concluded.

### ***Wine Reduces Heart Attacks***

Wines made from a special kind of grape (*Vitis vinifera*) have been proven clinically to reduce the chances of getting a heart attack and even help to reduce high blood pressure, when taken in moderation. Doctors at the Kaiser-Permanente Medical Center in Oakland, California, have surveyed the medical histories of over 200,000 patients and found that moderate alcohol users were 30% less likely to get heart attacks than nondrinking patients were.

Moderate alcohol intake increases good cholesterol (high-density lipoproteins), which, in turn, dramatically reduces the bad kind (low-density lipoproteins) that clogs arteries and eventually leads to heart attacks later on. Moderate intake of alcohol, especially white and red wines, should be about 2 fluid ounces or 1/4 cup per day for therapeutic benefits. Anything less or greater than this either won't work or can be harmful to health.

An effective concoction employed by some of the traditional *kampo* doctors in Kyoto, Japan, to relieve the chest pains accompanying angina calls for a raw egg to be mixed with 2/3 cups each of sake or wine and canned apple juice. This concoction is then brought to a boil and taken internally after it has cooled awhile but is still quite warm. An average of 3 cups per day for 3-4 days is taken.

### ***Raisin Tea for Strong Immunity***

Two Canadian microbiologists working with the Canadian Health and Welfare Agency in Ottawa discovered that grape juice, red wines, and raisin tea showed strong antiviral activity against poliovirus, herpes simplex virus, and reovirus (an apparent cause of meningitis, mild fever, and diarrhea).

Not everyone drinks wine, and quite a few do not like too much grape juice on account of its tartness. But raisin tea is both a

quince rootstock, but the two fruits simply cannot be hybridized. Until the late eighteenth-century, marmalade was usually made from quinces: the word "marmalade," in fact, derives from *marmelo*, which is Portuguese for quince.

### ***Towards Beautiful Complexion***

Because of their extremely high moisture content and delicate mineral balance, peach, pear and quince make ideal beautifiers for a more wonderful complexion. Paul Neinast, who runs a beauty salon in Dallas, Texas, combines peach with papaya, banana, and avocado in a blender until well puréed. This facial mask is then applied and left on 30 minutes, after which it is rinsed away with tepid water. Then he will saturate several cotton balls with any polyunsaturated oil (sunflower oil is good to use) and gently rub the skin in a circular motion. This keeps dryness out and moisture in and gives the skin more elasticity. The face may also be rubbed with a little juice from some freshly pressed green grapes before the oil is applied. This treatment appears to give the skin a much softer texture than it may have had before.

Also a morning cocktail consisting of these three fruits is a great way to help flush out the system of all the old debris which may have accumulated during the night. In a food blender, combine 1 fresh, pitted peach half, 1 fresh pear half, and 1 whole quince. Do not peel any of them, but wash thoroughly before liquefying. Add just enough broken ice cubes and a small amount of cold spring or Perrier water to make a nice, refreshing beverage that's smooth but not too thick.

*If someone is troubled with boils, carbuncles, or similar festering sores that seem to refuse to heal, just have the individual mix together in a food blender about 4 fresh peach tree leaves, a couple of slices of raw, unpeeled potato that are 1/16" thick and about 3" wide and 1 1/2 cups of extremely hot, boiling water. When a nice,*

warm purée has formed, pour onto a clean, thick cloth and hold on the boil for awhile. In the event nothing is drawn out, it may need to be lanced first with a sewing needle, which has been sterilized over a flame for 30 seconds, before the other warm poultice can then be applied with good success.

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