

The Organic Advisor

NOTE: We are not medical doctors, do not give medical advice or opinions and nothing we suggest should ever be construed in any way as the practice of medicine. Always consult your physician.

Dear Advisor,

My foot hurts whenever I walk on it. What can I do? – Cinderella.

Remove the coffee pot. It was never meant to be used as a slipper. You might also cut down on the sauce.

Dear Advisor,

Every Saturday nite I get cold chills and my eyes sting. After I stick my head in a bucket of water, my eyes stop stinging, but the chills continue. – Naturally Blonde

Try using hot water for your weekly bath, and a towel to dry off. The label that says "wash in cold water and drip dry" only applies to the garment to which it is attached. For your eyes, you need to rinse immediately after shampooing your hair, preferably with your eyes closed. You may wish to try one of those new fangled shampoos that don't sting the eyes, just in case. You can avoid the problem all together by rubbing corn meal into your hair every other day, then vacuuming it out. Any residue left over will help provide food for the native wildlife – a completely natural and organic solution.

Dear Advisor,

I am always feeling tired and run down, frequently constipated and nervous. I eat only organic bagels and white rice, as I am trying to lose weight. I'm now down to 325#. [I lost a whole pound last month!] I can't eat meat because my dog told me not to. My neighbor says I should get more fiber in my diet, but I can't stand the taste of cotten, and polyester is too tough to chew. My psychic says I should eat raw vegetables, but I can't stand to hear them scream when I bite into them. What can I do? – Purely Spiritual

Have you tried sawdust?