

health hints

A Mold In Your Nose?

(NAPSA)—Just because you're coughing and sneezing, it doesn't mean you have a cold. You may, instead, be suffering from a reaction to mold. According to a nation-wide survey all homes tested were positive for mold on some inside surface.



Doctors say it may be a mold and not a cold that causes a common discomfort.

Other recent research suggests breathing in mold, fungus and bacteria can create sinus havoc. In fact, more than 37 million Americans suffer such a reaction to dust, pollen and mold.

“Sinus problems are the number one chronic ailment in the United States, costing Americans \$2.6 billion,” said Michael Stampar, M.D. “Molds, fungus and bacteria in your nose can cause many of these chronic conditions.”

Symptoms of sinus problems include facial pain, stuffy or runny nose, a reduced sense of smell, puffy eyelids, fever, fatigue and a cough that keeps you up at night.

Fortunately, a new over-the-counter nasal spray can kill the mold, fungus and bacteria that trigger sinus problems. Called SinoFresh, it reduces fungus and bacteria growth.

The spray is available at Publix, CVS, Eckerd's, Walgreens and Rite-Aid stores. You can learn more at www.sinofresh.com or 1-877-724-0587.