

Health Hints

A Natural Approach To Fighting Colds And Flu

(NAPSA)—When it comes to fighting the flu and colds, natural remedies may be nothing to sneeze at.

Recent research is showing that natural remedies can often be an effective way to treat the symptoms of colds and the flu.

For example, in a 2007 study conducted by Penn State University that compared honey, dextromethorphan (DM) and no treatment, parents rated honey most favorably for symptomatic relief of their child's nocturnal cough and sleep difficulty due to upper respiratory tract infection.



Carolyn Harrington created a line of natural remedies with ingredients that have been used for generations—and named the company after her daughter.

With the recent news about the FDA's concern for children intentionally or accidentally abusing over-the-counter (OTC) cough medicines, many parents think it's critical to find safe and healthy alternatives to treat colds and coughs. One parent went so far as to develop her own line of remedies.

Carolyn Harrington created her own natural products and home remedies with ingredients that mothers and grandmothers have used for generations.

She discovered these all-natural and effective remedies when



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her daughter Maty was born with severe heart defects and several operations weakened her immune system. Harrington devoted herself to researching all-natural treatments and discovered many effective and underused home remedies.

More than a decade later, Harrington decided to share her discoveries with the public and founded Maty's Healthy Products. The product line is named for her daughter.

The company makes two kinds of all-natural cough syrup—a regular and a kids version—made with antioxidant-rich buckwheat honey and nine other immune-support ingredients. It also makes an all-natural baby chest rub that's made with soothing eucalyptus, lavender and chamomile. It's free of both petroleum and menthol.

Said Harrington, "The last thing I wanted to use on my children was anything that may have harmful side effects. I want to give customers the products I used and first made for my own family."

Maty's Healthy Products are available at various retailers and on the company's website. To find a retailer near you that carries Maty's, please visit www.matys hp.com.