

Holiday Travel

Bring Good Health Home For The Holidays

(NAPSA)—The holidays are just around the corner and for many people this means flying to visit family and friends.

There is nothing worse than taking your seat on a plane, and finding the passenger sitting next to you with a bag of cough drops and surrounded by tissues. In fact, results from a recent survey indicate that nearly half of Americans would be so concerned about catching a fellow passenger's illness that they would ask to be reseated.

According to the Ester-C® Immune Healthy Survey on travel, 85 percent of air travelers have encountered a sick fellow passenger at least once in their travels; nearly all respondents (90 percent) indicated that they would be at least somewhat concerned if a sick passenger were seated next to them on a flight; and almost half (45 percent) reported that they would be so concerned as to ask to be reseated.

And yet despite such concerns about becoming ill while traveling, prevention was low on the priority list of those surveyed. Less than 30 percent took any precautions—not even taking vitamins, drinking lots of liquids or getting extra rest.

“Most people don't realize how stressful traveling can be. Changes of routine and lack of sleep can weaken the immune system, making travelers susceptible to catching a cold or virus,” said Dr. Phil Brown, vitamin C expert. “Preventative measures, such as getting plenty of rest and supple-



A cold is one gift no one wants to get this holiday season. Taking vitamin C may help keep you healthy.

menting a healthy diet with vitamin C are easy ways to help strengthen the immune system and keep travelers healthy.”

Many recent studies support the intake of vitamin C to boost the immune system. According to Brown, there are various forms of the vitamin available today. One of the most recognized brands used by many seasoned travelers is Ester-C,® a patented, non-acidic form of vitamin C.

Those who understand the benefits of a healthful diet, plenty of rest and supplementing regularly with vitamin C may be better equipped this holiday season when traveling.

For more information regarding the survey or on vitamin C, contact Dr. Phil Brown at 928.445.8063 or pbrown@ester-c.com.