

Health Awareness

Cold Season Tips

(NAPSA)—It's nothing to sneeze at: The average adult catches two to four colds every year, causing millions of workdays to be lost. The good news is that there are natural ways to lessen the impact of such illnesses.

First, get a good night's sleep to help boost immunity. The National Sleep Foundation recommends at least seven to nine hours for adults.

It's also important to stay hydrated and to eat a diet that is rich in vitamin C and nutrient-dense foods.

If you have a sore throat, drink a hot beverage or gargle with a solution of water and about a teaspoon of salt.

When it comes to seasonal illness, prevention is key. Try to avoid close contact with those who are obviously unwell or who have upper respiratory illnesses. Blow your nose gently but frequently to keep nasal passages clear. To protect others, cover your nose and mouth when you cough or sneeze. Wash your hands often using water and soap for at least 20 seconds. Encourage children to take the same preventative measures.

Colds aren't the only problem to avoid: Sinus infections and inflamed sinuses affect millions of Americans each year. The Centers for Disease Control and Prevention recommends the use of a humidifier to moisten air in the home.

While many reach for traditional medicines to treat coughs, colds and sinus issues, at least 38 percent of adults use complementary and



A hot drink can go a long way toward soothing a sore throat.

alternative medicine to treat common illnesses. Unlike most traditional medicines, homeopathic products are formulated to stimulate the body's defense mechanisms, rather than suppress them. (These statements are based on traditional homeopathic practice. They have not been reviewed by the Food and Drug Administration.)

For example, Hyland's line of DEFEND products offers adults all-natural, sugar-free, multi-symptom relief from nasal congestion, sore throat, coughing and sneezing and doesn't contain diphenhydramine, dextromethorphan or phenylephrine.

For more health tips and information about natural medicine, visit www.hylands.com. Hyland's products are available in natural food stores, groceries, supercenters and pharmacies such as Walgreens.