

# Pointers For Parents

## How Kids Can Stay Healthy Naturally

(NAPSA)—Keeping kids healthy the natural way is a priority for American moms this year, according to a new survey conducted by Opinion Research Corporation.

“Parents are more concerned than ever before about their children’s health and about using safe natural products with no side effects,” commented pediatrician Dr. Bob Sears, co-author of the Sears Parenting Library Series.

However, Sears notes, it is often hard for parents to decide what is a safe and effective natural product for a child. Fortunately, a new wave of research into the safety and effectiveness of plant-based medicine for children and adults is being introduced by Bionorica.

“Extensive studies with more than 3,000 young patients show that natural remedies such as Bionorica’s Sinupret® for Kids are highly effective in supporting healthy sinus, respiratory and immune system functions,” says Sears. “Breathing freely is very important for a child to feel and be healthy. This remedy has been used in Europe for decades, tested in numerous studies and has no history of serious side effects.”

To help keep children healthy, Dr. Sears also recommends:

Frequent hand washing—parents can encourage this by singing the ABC song while washing up, to give soap the time to do its work eliminating germs.



**Robert “Dr. Bob” Sears, MD and the “Sinuphet” mascot for Sinupret® for Kids teach children habits to stay naturally healthy, such as this deep breathing exercise played with cotton balls.**

Reading directions on all over-the-counter (OTC) products that you may be considering for children and following dosage directions. The FDA has warned about using OTC products for children under two years of age.

Getting plenty of sleep, eating a healthy diet, getting exercise each day and taking a children’s multivitamin.

Bionorica, an international company that produces natural remedies for children and adults backed by clinical and scientific research, commissioned the survey.

More tips on staying healthy and on selecting safe natural remedies are available at [www.bionoricausa.com](http://www.bionoricausa.com) or by calling (800) 264-2325.