

Health Hints

Keeping Good Health In The Family

(NAPSA)—If your whole family has ever been sick at the same time, you probably know that it's nothing to sneeze at when you have a house full of colds. Try these tips to keep colds from becoming a family affair:

- **Mom**—Today's moms are busier than in the past, with many working full time and helping to raise a family. It is especially important for busy women to be sure they have enough iron in their diet and that they get plenty of rest. Low iron counts and exhaustion can increase risk of colds and other illnesses. In addition, women should drink at least eight 8-ounce glasses of water every day. Proper rest, nutrition and hydration will help keep the immune system effective and may help keep colds at bay.

- **Dad**—A growing percentage of Americans are officially overweight. About 26 million of them are men. Whether Dad has a propensity for pizza or a hankering for hoagies, it's a good idea to encourage him to watch his diet. Not only is eating more fruits and vegetables good for his heart, it has been shown to boost the functioning of the immune system as well.

- **Kids**—One of the best ways to prevent colds in children is to encourage frequent hand washing. Even if their hands look clean, regularly washing hands with warm water and cleanser can help. Encourage washing after a trip to the bathroom, after being out and about and always before eating to help prevent problems. Parents should also remind smaller children to keep their hands out of their mouths and not rub their eyes to help prevent the transfers of certain viruses.

- **Baby**—It's not always child's play keeping a baby free from colds. Younger infants are prone to the sniffles and ear infections



A Family Picture Of Health—A few steps can keep families feeling fit and help them avoid colds.

and their curious nature makes them prime candidates for viruses spread by touch. Be sure to keep your house clean and disinfect any areas that baby usually plays. Also, remember that babies thrive when they are kept well-nourished, well-rested, clean and loved.

- **Family**—Stress is a natural adversary to the immune system. Help soothe everyone in the family, including fussy babies, with a warm bath using Johnson's Bedtime Bath and a massage using Bedtime Lotion. Each product is enriched with lavender, chamomile and other natural herbs known for their relaxing and soothing properties. During the cold season, you can add a little Soothing Vapor Baby Bath into a warm bath to provide soothing comfort for babies with colds. A small amount of Soothing Vapor Cream massaged into the neck and chest once or twice daily can also help. Both products are enriched with rosemary, eucalyptus and menthol—ingredients known for their aromatherapy benefits.

Families can find more health information on the Net. For more information on Baby's health, visit www.johnsonsbaby.com.