

HEALTH NEWS

Keeping Moms And Families Healthy

(NAPSA)—Whether single or married, women are the ones making health care decisions for their entire families. That's the news from a U.S. Department of Health and Human Services survey that found nearly 66 percent of women say they alone were the "gatekeepers" when it came to household health choices.



It's important for moms to take care of their own health—not just their families'.

Doctors warn, however, that caring for family health sometimes causes moms to neglect their own well-being. (In fact, heart disease is the number-one killer of women.) Fortunately, that needn't be the case. Experts say women can easily make healthy changes to both their own and their families' lifestyles.

For instance, many moms now use a tea extract called TeaFlavin to help control theirs and their families' cholesterol. The all-natural extract is clinically proven to lower bad cholesterol and raise good cholesterol levels. An added bonus: The extract is caffeine free, meaning it shouldn't interfere with women getting something else they often neglect—sleep. For more information, visit www.teaflavin.com or call 1-800-876-4332.