

## Natural Remedies For Cold And Flu Season

(NAPSA)—Parents of young children know that colds and allergies are nothing to sneeze at. And when the flu strikes a household, they know that every member of the family is at risk of getting it. For years, families have turned to traditional children's cold products to help ward away illness, but with the recent spate of recalls of these products in the news, concerned parents should be aware that there are many drug-free alternatives for treating their child's cold, allergy and flu symptoms.

While a parent's first step should always be to consult a doctor when a child is sick, there are other natural ways to ward off germs and ease the symptoms associated with cold and flu season.

First, always remind your youngsters to wash their hands or use an all-natural hand sanitizer after using the bathroom and before and after eating. Hands should always be washed in warm, soapy water (for as long as it takes to sing the "Happy Birthday" song twice). Remember, parents, the more you practice at home, the more your children will keep it in mind when they're at school and under someone else's supervision.

If a member of your family becomes ill, a study has shown that soup can ease the symptoms of upper respiratory tract infections that include nasal congestion, sore throat and coughing. The study, which was published in the publication *Chest*, showed scientists have discovered that soup contains an anti-inflammatory mechanism, and that warm liquid can be very effective at alleviating symptoms.

Nasal irrigation is also a popular technique that is extremely effective at naturally eliminating the sources of nasal discomfort caused by colds, allergies and sinus congestion. Parents who use neti pots know that they are used by pouring a salt water solution into one nostril while tilting the head



**A nasal mist can help soothe sick kids' noses.**

and letting it run out through the other nostril, using gravity as an aid. But parents also know that, while helpful, the neti pot can be awkward and especially uncomfortable for young children.

Simply Saline<sup>®</sup> offers a line of nasal products made from purified water and salt that share the same benefits as a neti pot, but come in portable cans and offer easy-to-use application nozzles to eliminate any awkwardness or discomfort. The nasal products (from the makers of Arm & Hammer<sup>®</sup>) include Baby Simply Saline<sup>®</sup> Sterile Saline Nasal Mist and Simply Saline<sup>®</sup> Children's Allergy & Sinus Relief Sterile Nasal Mist. Since the products are made from naturally derived ingredients, they can be used as frequently as needed, have no known side effects and won't damage an infant's delicate nasal tissue.

Another popular homemade remedy uses buckwheat honey to help alleviate coughs. Archives of Pediatrics and Adolescent Medicine recommends half a teaspoon of the honey for children 2 to 5 years old, a teaspoon for children 6 to 11 years old and two teaspoons for children over 12. Honey should not be given to children under 1 year of age as it is associated with infant botulism.

### Learn More

You can find more nasal news and notes online at <http://www.simplysaline.com/>.