



HEALTH AWARENESS

Stay Healthy This Cold And Flu Season

by Michael Shugar, M.D.

(NAPSA)—With cold and flu season in full force, chances are you or your loved ones are feeling the effects. While there is no way to cure the common cold or the flu, there are several things that you can do to stay healthy this season.

First, make sure to wash your hands with soap regularly. One of the most common ways people become ill is by rubbing their noses and eyes after coming in contact with germ-infested telephones, doorknobs, keyboards and other everyday items. By washing your hands, you protect yourself from becoming infected.

In order to keep your immune system strong, exercise regularly and maintain a healthy diet. If you're having trouble eating well, consider adding a multivitamin to your diet. Also, don't forget that alcohol and staying up late can put a strain on your immune system; only drink in moderation and always get plenty of rest.

It may seem obvious, but make sure you are avoiding contact with others who are already suffering from a cold or the flu. Don't share drinks or food, and if you or someone in your family is sick, put up a second hand towel in the bathroom for healthy people to use.

A sore throat is often the first sign of a cold coming on. If you feel like you are getting sick, start fighting it immediately. Drink plenty of water and make sure that you are well rested. Remember, antibiotics will not help you fight a cold or the flu and can even weaken your immune system. There are, however, over-the-counter treatments that can help you feel better. Try Simply Gargle, a new, portable salt water rinse



Although there is no cure for the cold or flu, there are over-the-counter treatments for many of the common symptoms.

that soothes sore throats by combining the natural, time-honored remedy of the salt water gargle with a unique blend of immune-boosting vitamins, herbs, antioxidants and astringents. It is available at grocery stores, mass merchandisers and drugstores nationwide.

Although there is no cure for the flu or the common cold, there are steps you can take to prevent illness and to alleviate your symptoms if you're unfortunate enough to get sick. By following the above advice, you'll help ensure you have a healthier and happier cold and flu season. To learn more, visit www.simplygargle.com.

With more than 15 years of experience, Dr. Michael Shugar is a respected ER doctor who practices at various hospitals in the Cincinnati area. He completed his residency at the Medical University of South Carolina in Charleston.