

health hints



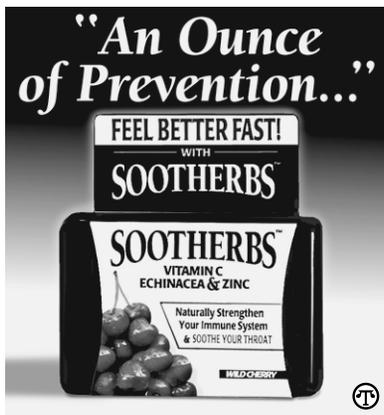
Stay Healthy This Cold And Flu Season

(NAPSA)—Ask anyone what is the best way to avoid getting sick this cold and flu season and you're bound to get a variety of answers—wash your hands frequently, don't touch doorknobs and handrails, never drink from someone else's cup, stay away from sick people. While these are all good suggestions to prevent coming in contact with cold and flu germs, the first line of defense is making sure your immune system is strong and healthy.

Think of your immune system as your body's natural armor. It protects you 24 hours a day, against the thousands of cold and flu germs that bombard you every day. A healthy immune system responds to every germ that invades your body and eliminates it, preventing you from getting sick. If your immune system is weakened, germs can penetrate it and you're vulnerable to catch a cold or get the flu.

Here are the best ways to be sure your immune system stays strong this cold and flu season, and year round:

Exercise regularly—but not too much! Moderate exercise of about 30 minutes, done most days of the week helps to improve the amount and activity of a number of the body's immune cells. Prolonged intense exercise however has been



shown to reduce the body's resistance to infection because the body is not allowed sufficient time to rest and recover.

Eat small, healthy meals. Eating a well-balanced diet low in fat and abundant in antioxidants found in fruit and vegetables and grains on a regular basis provides fuel the body needs to build a strong healthy immune system.

Drink plenty of fluids. Water flushes your system, washing out toxins as it rehydrates you. A typical, healthy adult needs eight 8-ounce glasses of fluids each day. It's best to limit your intake of caffeine and alcohol, which can dehydrate you.

Rest and relax. The body needs rest from the stress and strain of

daily life to get recharged. Adequate restful sleep helps to restore our bodies and refresh our minds. During deep sleep, the body releases potent immune-enhancing substances that strengthen immune function.

Stay away from smoke. Statistics show heavy smokers get more severe and more frequent colds than nonsmokers. Just being around smoke profoundly zaps the immune system.

Supplementation. Dietary supplements are a convenient way to strengthen your body's natural defenses. Vitamin C, echinacea and zinc are the leading natural ingredients used in supplements to boost the immune system.

You can find these ingredients in Sootherbs throat lozenges. They help strengthen the immune system and soothe the throat when it's needed most. The all-natural formula features the well-known immune building benefits of vitamin C, echinacea and zinc plus citrus bioflavonoids to enhance their benefits and wild cherry bark to provide soothing relief for the throat. The lozenges are available in great-tasting wild cherry and honey lemon flavors. You can learn more and request a free sample, while supplies last, at www.sootherbs.com.