How To Stay Comfortable During A Cold

Sponsored Advertising Content (NAPSA)—Cold and flu season has arrived, and it’s nearly impossible not to be affected. According to the Centers for Disease Control and Prevention, adults have an average of two to three colds a year, and children have even more. And when one family member catches a cold, it’s likely the rest of the family will follow suit.

While there’s no universal cure for a cold, there are ways to help you feel comfortable while you’re sick. Put on your softest PJs, snuggle under the covers and read these tips for staying comfortable this cold and flu season.

• Stay hydrated. Water, juice, clear broth, warm apple juice or warm lemon water with honey can help loosen congestion and prevent dehy-dration. Avoid caffeine and alcoholic beverages, which can further dehydrate you when you’re sick.

• Soothe a sore nose. Noses can turn sore and red from tissue blowing, so have a soft, soothing tissue, such as Puffs Plus Lotion, nearby. Puffs Plus Lotion is dermatologist tested to be gentle on sensitive skin, and its touch of lotion helps comfort an irritated, red nose better than ordinary tissues can.

• Acetaminophen and ibuprofen can ease your aches and pains. If your head is pounding, try something like Vicks VapoCOOL, SEVERE Medicated Drops or a cool gel mask. After placing a cool gel mask over your eyes you can be extremely relaxing. And if you are feeling chilled, try snuggling with a heated blanket.

• If you have a sore throat, try ice chips, sore throat spray or lozenges. Suck on Vicks VapoCOOL, SEVERE Medicated Drops, and hot drinks such as tea or hot chocolate with powerful Vicks vapors to soothe your sore throat pain. Now’s also the time to make the ultimate comfort food for colds—chicken soup—which can help ease sore throat pain. Tea with honey is another way to relieve throat pain.

• Try to keep your mind off being sick with puffs. Read a book, listen to music or coloring books, crossword puzzles and hear some tips, visit www.puffs.com.

Puffs Plus Lotion tissues are the ultimate nose soother. Use them when you’re sick to help your nose feel better soon.

Giving beauty products in adorable packages can help feed the hunger of this season.

To that end, these care for you can enjoy these three gift sets:


• Limited Edition Smooth Skin Delights, includes one each of Ultimate Strength Hand Salve, Limited Edition Lavender Hand Cream, and Limited Edition Grapefruit Hand Cream, each boxed separately so you can give one gift or three. Each set contains 280 meals.$35.

• Limited Edition Kiss Me With Kiehl’s includes Mint, Cranberry, and Original Lip Balm #1, also individually packaged. Each set gets 205 meals to needy families.$25.

Making the products lovely to look at is the packaging created by Andrew Bannecker, an American artist best known for his use of vivid colors, hand-crafted drifts and textures. For additional information, visit www.kiehls.com and follow @Kiehls. The Limited Edition Collection for a Cause beauty products are all available at Kiehls’ freestanding stores, select specialty retailers, www.Kiehls.com and (800) KIEHLS-2.

Giving Back Beautifully

(NAPSA)—You can do lovely things this holiday season. When you get and give special beauty products, you also help support Feeding America, the nation’s largest domestic hunger-relief organization.

Continuing its holiday philanthropic tradition for the tenth year in a row, Kiehl’s Since 1851, purveyor of the finest skin care products, pledges 100 percent of its net profits from the Kiehl’s x Andrew Bannecker for Feeding America collection, up to $100,000, to Feeding America. This will help provide 1,000,000 meals to families through 200 member food banks supporting 60,000 food assistance programs, shelters and meal sites.

7 Questions To Ask Around Winterizing Outdoor Power Equipment

(NAPSA)—When the colder weather blows in, it’s often time to put away such outdoor power equipment as your snow thrower and generator and other small-engine equipment.

Questions To Consider

To help guide you and business owners prepare for this change, the experts at the Outdoor Power Equipment Institute (OPEI), an international trade association representing more than 100 equipment manufacturers, engine and utility vehicle manufacturers and suppliers, suggest you ask yourself seven questions:

1. Do you know how to use your equipment properly? Review owner’s manuals for equipment. Refamiliarize yourself with safe handling practices and required maintenance needs. If you lost your manual, you can probably find it online.

2. Does any of your equipment need servicing? Before storing equip- ment, clean and service it or take it to a small-engine repair shop. Drain and change engine and transmission oil and filter. Service the air filter and do other maintenance activities as directed by your service manual. Check all equip- ment coming out of storage and see what maintenance is needed.

3. Are batteries fully charged? Remove and fully charge any batteries before storing for the winter. Store your winter equipment for a sudden, unexpected weather event.

4. Have you drained the fuel tank in stored equipment? Unused gas left in tanks can go stale. It can even damage your equipment. For equipment you store over the winter, add fuel stabil- izer to the gas tank or drain the equip- ment to distribute it. Turn the engine off, let the machine cool, then restart and run until the gas tank is empty.

5. Is equipment properly sheltered? Do your storage tanks for months can go stale. It can even damage your equipment. For equipment you store over the winter, add fuel stabilizer to the gas tank or drain the equipment to distribute it. Turn the engine off, let the machine cool, then restart and run until the gas tank is empty.

6. What does any of your equipment need servicing? Before storing equip- ment, clean and service it or take it to a small-engine repair shop. Drain and change engine and transmission oil and filter. Service the air filter and do other maintenance activities as directed by your service manual. Check all equip- ment coming out of storage and see what maintenance is needed.

7. Do you know how to use your equipment properly? Review owner’s manuals for equipment. Refamiliarize yourself with safe handling practices and required maintenance needs. If you lost your manual, you can probably find it online.

8. Has equipment been winterized? Drain and change engine and transmission oil and filter. Service the air filter and do other maintenance activities as directed by your service manual. Check all equip- ment coming out of storage and see what maintenance is needed.

Prepare your outdoor power equip- ment now for the seasons to come.

Medical Authorities Spread The Word About Prediabetes

(NAPSA)—One in three American adults now has prediabetes—a serious condition that often leads to type 2 diabetes. Yet 90 percent of them don’t know it. The good news is that with early diagnos- sis, prediabetes can be reversed through healthy lifestyle changes. Learning your risk is simply visit DoIHavePrediabetes.org and take the one-minute risk test.

What Is Prediabetes?

Prediabetes is when your blood sugar levels are higher than normal but not high enough yet to be considered type 2 diabetes. The ramifications of having prediabetes extend beyond your pancreas and to other health issues like heart attack and stroke. The key risk factors for prediabetes include being overweight, being physically inactive, having a parent or sibling with type 2 diabetes, or being over 40 years old.

An Urgent Message

More than 84 million Americans have prediabetes, and the number of adults diagnosed with diabetes has more than tripled over the past 20 years. Type 2 diabetes prevention is such an urgent need for our nation that two leading health organizations, the American Medical Association (AMA) and the Centers for Disease Control and Prevention (CDC), have partnered with the Ad Council to develop a campaign for them. Together, they have built resources that help people know their risk and learn how to reverse prediabetes.

Do You Have Prediabetes?

Go to DoIHavePrediabetes.org and take a simple one-minute risk test to know where you stand. If you receive a high score, the next step is to confirm the diagnosis with your doctor and ask how to enroll in CDC’s National Diabetes Prevention Program.

CDC Programs Can Help

With early diagnosis, prediabetes can be reversed—and the best thing people can do is to join the CDC-led National Diabetes Prevention Program. This sci- entifically proven program is available in person or online across the United States to help people make healthy changes. Trained professionals share ongoing support and tips to help stay on track with healthy eating, physical activ- ity, stress reduction and more. Research shows that if you follow the program, you can lower your risk of developing type 2 diabetes by as much as 58 percent (71 percent if you’re over age 60).

Learn More

Learn more about prediabetes and find lifestyle tips and links to CDC’s National Diabetes Prevention Program at www.DoIHavePrediabetes.org.

Did You Know?

(NAPSA)—More than 30 million Americans are living with diabetes and 84 million are at risk, totaling nearly half of the U.S. adult population. The numbers alone are staggering, yet diabe- tes continues to be misunderstood and often disregarded. Learn the facts about diabetes at diabenews.com/diabeteseducation and everydayreality.

If you’re concerned about having enough for retirement, look to your life insurance policy. It’s your personal property and you may be able to sell it for cash. Get more information or a free evaluation of your life insurance policy, go to www.LIIX.org.

Herbalife Nutrition independent distributors have demonstrated that developing loyalty and loyalty of people who know your goals, strengths and weaknesses can be beneficial in maximizing their sales. Herbalife Nutrition and health expert Dr. John Agramunt. For facts, tips and recipes, go to www.herbalife.com.

As the world’s largest humanitarian network, the Red Cross, and its Crescent teams help reconnect families separated by international crises. For more info, to help the Red Cross by donating your time or money, or to ask for help, go to www.redcross.org.

*Good maintenance means equipment will be in great shape when you want to tackle landscaping projects again,* explained Kris Kiser, president and CEO of OPEI. “Now is also the time for snow thrower and generator main- tenance and reviewing safe handling practices.”

Learn More

Get more information on safe fueling for outdoor power equipment at www.LookBeforeYouPump.com and additional safety tips at www.OPEI.org.

Kiehl’s Since 1851, purveyor of the finest skin care products, pledges 100 percent of its net profits from the Kiehl’s x Andrew Bannecker for Feeding America collection, up to $100,000, to Feeding America, the nation’s largest domestic hunger-relief organization. The dona- tion will help provide 1,000,000 meals to families. Learn more at www.Kiehls.com.

Eighty-four million American adults have prediabetes. But with early diagno- sis, prediabetes can be reversed. Visit DoIHavePrediabetes.org to learn more.