



Ask The Pharmacist

Must-Have Items For Every Medicine Cabinet

(NAPSA)—With more than 100,000 medicines and supplements now available over-the-counter, it's a good idea to take a healthy interest in what pills you take. Often, pharmacists say, the solution is natural.

“Natural medicines, especially those that are clinically proven, have significant value for overall health and well-being across the age spectrum,” says Suzy Cohen, R.Ph. and author of “The 24-Hour Pharmacist.”

Her recommendations for must-have items in a natural medicine cabinet include:

• **Nasal Spray:** Nonmedicated saline nasal sprays are great for stuffed noses, especially in babies, because they are not habit-forming or stimulating.

• **Cholesterol Meds:** Omega 3 fish oils can help rev up the immune system and lower cholesterol all at once.

• **Sleep Aids:** Melatonin is a hormone your brain produces, which acts as your “master clock,” helping you fall asleep and stay asleep all night. Melatonin supplements are good for insomniacs because they won't cause a morning “hangover” or physical dependence like some sleep medications.

• **Stomach Upset:** Probiotics are a safe, natural way to keep your GI tract in good health and soothe an upset stomach. They're especially important if you take a conventional antibiotic because normal healthy bacteria are killed off by antibiotics, along with the bad. Probiotics are a good way to maintain proper digestion and can help relieve gas discomfort, bloating or yeast infections.

• **Cuts:** Tea tree oil is Mother Nature's antiseptic and antibiotic. Dab it on any type of minor skin wound, cut, bug bite or nail fungus.



There are certain must-have items for a natural medicine cabinet.

• **Cold Medicine:** Zinc gluconate lozenges, like Cold-EEZE, which are clinically proven to reduce the duration and severity of cold symptoms by 42 percent (or three to four days), should be taken at the immediate onset of symptoms. “Zinc lozenges are not only great to use for colds but should also be used when taking medications known to zap zinc, such as antacids and birth control pills,” adds Cohen. “It's safer to relieve cough and cold symptoms naturally than to overmedicate with drugs.”

• **Cough Drops:** While cough syrups could be abused, a safer alternative is Organix Cough and Sore Throat Drops, the first medicated drops to be certified USDA organic. Made from natural menthol and pectin, it can suppress coughs, cool nasal passages and soothe sore throats.

• **Immune Boosters:** It's generally wise to protect your immune system so it can guard you from infection. Cold-EEZE Immune Support Complex 10 is a dietary supplement made up of 10 vitamins, herbs and minerals clinically proven to boost immunity.

For more information, visit www.coldfight360.com.