

Health Hints

Staying Healthy During Cold And Flu Season

(NAPSA)—The best defense against colds and sore throats may be a good offense.

During cold and flu season, there are several easy steps you can take to reduce the number of times you get sick:

- **Wash your hands often.** If no water is available, use an alcohol-based sanitizer.

- **Avoid touching your face.** This will minimize germs coming in contact with your nose and mouth.

- **Drink plenty of fluids.** Water rehydrates and flushes out your system.

- **Exercise.** Regular aerobic exercise can boost your metabolism and improve circulation.

- **Spray or gel your gums.** One of the first defenses for a cold may be a handy product that also helps maintain healthy gums and teeth.

First Defenz Gel or Spray, which aids in the removal of plaque and tartar and helps reduce gum irritation, is said to provide a front line of defense against germs and help build up your immune system so you are better able to resist colds and sore throats.

Besides battling germs, an application can also offer a soothing effect and stop the symptoms of colds and other irritations within minutes.

“I was introduced to it during the run of the show and was very impressed,” said Nellie Norris, a professional singer and entertainer who recently finished headlining a show called “Bareback” in Las Vegas. “It does so many things so instantly. When I first sprayed it on the back of my throat, I instantly felt the cooling effect on the tissues along with the superfresh taste.”



Nellie Norris uses a holistic oral product that boosts immunities and improves gums, retards plaque and quells sore throats, as her first line of defense in the stressful world of being a Las Vegas performer. Videos of her music can be seen and heard at www.nellienorris.com.

Norris says she often gets a tight swollen throat from fatigue, smoky rooms or colds, and the spray helps reduce the swelling.

“My breathing seems to be easier in the nasal passages connected to the throat,” she said.

The product is sprayed in your mouth or spread over your gums, where it penetrates the gumline to treat irritation and possible infections. Do not rinse afterward or eat or drink for 30 minutes. It’s best done at night after brushing.

The spray can also be used to soothe the gums before you put in dentures. The all-natural ingredients include distilled water, pure grain alcohol, grapefruit seed extract—which is known to kill bacteria on contact—grape seed extract and essential oils including peppermint, thyme, rosemary and neem oil.

For more information, go to www.lifproducts.com. For more on Norris, see nellienorris.com.