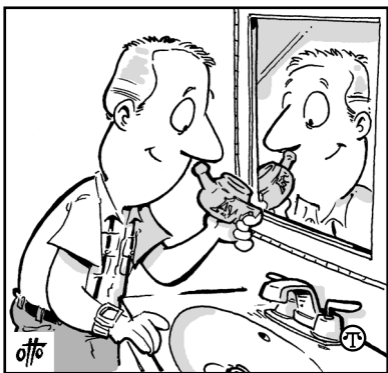


# health hints

## Beating The Flu

(NAPSA)—The best way to avoid the flu may be to turn yourself into a bad host. That means washing your hands regularly and—according to experts—using a saline nasal rinse.

Saline neti pot rinse kits cleanse the nasal cilia of airborne viruses just as washing cleanses the hands of germs. In fact, University of Wisconsin researchers followed patients for six months and found that participants who “rinsed” daily experienced decreased cold and flu symptoms and needed to use less medication.



**Nasal saline rinse kits could help keep colds and flu at bay.**

You can find neti pot saline nasal rinse kits like the Ayr Saline Nasal Neti Rinse Kit at pharmacies nationwide. The natural treatment can promote healthy sinuses. The kit comes with 40 preservative- and iodine-free Saline Nasal Rinse Mixture Packets and one multiuse Neti Pot that can be used for adults or children.

For more information, visit [bfascher.com](http://bfascher.com) or search “ayr saline nasal neti” on [Amazon.com](http://Amazon.com).