

Tips For Getting Over Colds

(NAPSA)—People in the U.S suffer about one billion colds annually, according to the National Institute of Allergy and Infectious Diseases. While that statistic is nothing to sneeze at, there is news that may bring many cold sufferers at least some relief: The right steps can help make colds easier to bear. Try these tips:

Catching A Cold?

A cold usually comes on slowly. Early symptoms include feeling tired, sneezing, coughing and having a runny nose. People who have colds do not always have fevers, or sometimes their fevers are very low—one to two degrees above normal. When you feel a cold coming on, try to stay home and rest, especially if you have a fever. It's a good idea to stop smoking and to avoid secondhand smoke while you are ill (and while you're healthy, too) and to keep away from alcohol.

Take The Right Vitamins

Not all vitamins get an "A+" when it comes to helping you stay healthy. Research now shows that some forms of vitamin C, such as Ester-C, provide an advanced type of protection. The patented supplement also contains vitamin C metabolites that may increase its effectiveness, and it is shown to work in the immune system for 24 hours. It is also pH balanced, which makes it gentler on the stomach than regular vitamin C—ascorbic acid. Similarly, not all vitamin E is the same. Ester-E is a patented form of vitamin E that is readily utilized by the body. Its unique properties help to protect its potency and its antioxidant strength.

What To Eat

Doctors say the old adage about needing to starve a cold doesn't hold water. In fact, it's a good idea to focus on eating healthful, bal-



Doctors say it's important to eat healthful meals when you have a cold.

anced meals while you are sick. You may find that lighter foods are easier to eat when you are ill (think soups, eggs, plain salads, etc.). It's also important to drink plenty of fluids, such as water and juice. Fluids help loosen the mucus that usually lines the chests of people with colds. Fluids are also important if you have a fever, because fever can cause dehydration.

Treating Symptoms

It's a good idea to talk with your doctor about which cold medicine may work best for your particular cold. For instance, your doctor might recommend an analgesic to relieve aches and pains and reduce fever, or an antitussive to help with coughing. If you can't get to a drugstore, simple home remedies—such as gargling with warm salt water a few times a day to relieve a sore throat—often help with symptoms.

For more information, visit the Web sites www.Ester-C.com and www.Ester-E.com.