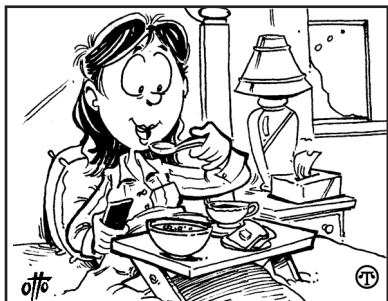


What To Feed A Cold

(NAPSA)—Chicken soup and hot tea are important and legitimate medical treatments, according to ear, nose and throat specialists. They help the cilia—microtubules found on the surface of nose, throat and lung cells—move more quickly. Menthol vapors also act on the cilia to produce a cool, clearing sensation.



Grandmother's chicken soup may have been a better cure than you realized.

The primary purpose of cilia is to move fluid, mucus or cells over surfaces within the respiratory passage. The quicker they move, the better they defend the respiratory system against contagious illnesses.

One prescription for morning sneezing and coughing is chicken soup in bed. Soothing soup and hot tea under blankets helps the sneezing and coughing caused by a sensitivity of the body to cold before activity.

A safe, natural way to temporarily refresh nasal passages and soothe stuffy noses with a pleasant, invigorating, aromatic action is to use an Ayr Mentholated Vapor Inhaler. Containing a mixture of the natural aromatics menthol, eucalyptus oil and lavender oil, Ayr Inhaler can be used as often as needed.

Learn more at www.bfascher.com.