

# INGENIOUS IDEAS DEPT.

## Having A Bad Nose Day?

(NAPSA)—When it comes to staying healthy, the nose knows—but there may be ways to “teach” it some new tricks.

For instance, studies show that by naturally enhancing nasal mucus, it's possible to filter out airborne irritants so that only clean air reaches the lungs, resulting in less severe reactions to allergens and less sneezing.

### How It's Done

An over-the-counter remedy is now available. The product works with the body's natural defenses to reduce common symptoms of nasal stuffiness and irritation. Called Sneeze-eze, it is an all-natural organic vegetable powder that works by forming an invisible, gel-like mucus lining in the nasal tract. Tests show in most cases of seasonal nasal attacks, the product controls symptoms in just three to 10 seconds. The powder was invented by Mike James of Britain, who used it to help control his son's sneezing. Since then, it has become popular across the globe.

### How It's Used

To use Sneeze-eze, simply give one squeeze of the “puffer bottle” into each nostril. A gentle sniff will then rapidly distribute fine vegetable-sourced powder. To make sure the powder works,



**Breathe Easy**—There are ways to naturally enhance your nose's ability to filter the air you breathe.

blow the nose before using it, so the nasal tract is sufficiently cleared.

### How It Works

The powder forms an invisible gel, which remains effective for up to 24 hours. The product contains no drugs, medicine or alternative medicines and therefore has no unpleasant side effects, is non-drowsy and odorless.

For more information visit [www.sneeze-eze.com](http://www.sneeze-eze.com) or send a self-addressed #10 business-sized envelope to: Life Span Nutrition, 457 West Allen Avenue, #117, San Dimas, Ca. 91773.