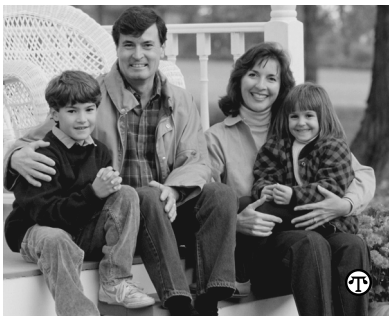


FAMILY HEALTH

Fighting Colds/Flu

(NAPSA)—For families with young children, cold and flu season is usually an endless cycle of somebody getting sick, recovering and then catching the next round from another family member or friend. But when families take an immune-boosting approach, it doesn't have to be. Here are a few helpful tips from Scott Berliner, R.Ph., president of Life Science Pharmacy:



With the right remedies, families can break the cycle of colds and flu.

- Yogurt is excellent for creating good bacteria to boost total body immunity. Also, enteric-coated Acidophilus Pearls are a sure shot for helping the good bugs found in yogurt to survive stomach acid.

- Sugar makes the body acidic, and pathogens tend to live on sugar. So during cold and flu season, reduce sugar intake.

- Go herbal. For instance, Esberitox has been proven safe for children as young as 2 years old. In a clinical study in Europe, it was shown to reduce the duration and severity of colds and flu by 50 percent. Other recommended natural remedies include megadoses (10,000 mg daily) of vitamin C, zinc lozenges and elderberry extract or syrup.