



Health Bulletin



Don't Let Sniffles Ruin The Mood *Three Tips To Boost Your Health And Your Love Life*

(NAPSA)—According to a recent survey of more than 500 women between the ages of 18 and 40, health plays a significant role in the quality of one's love life. Released just in time for Valentine's Day, the Ester-C® Romance and Immune Health Survey was conducted to determine the impact that health has on romance.

The study determined that while colds and flu generate compassion, they turn off passion. Indeed, according to the study, illness plays a part in nearly two-thirds of ruined romantic occasions. Nearly half of all respondents indicated that they had to postpone romantic plans at least once because they were too ill to enjoy the occasion.

"Unfortunately, Valentine's Day arrives in February, the heart of the cold and flu season. The good news is that there are simple precautions couples can take to effectively boost their immune system," said Dr. Phil Brown, vitamin and nutrition expert. "Those who are aware of these actions and make them a part of their daily life are statistically more healthy and vital."

Despite the fact that Cupid's arrow usually flies during cold weather, only 12 percent of all surveyed respondents indicated that they take any measures to prevent catching a cold or flu. In this group, the following precautions were ranked highest:

- Almost 80 percent of this small group indicated that they drink extra fluids to help prevent



Getting enough sleep, drinking lots of water and taking extra vitamins are three simple actions that can help boost your immune system.

illness. Water is one of the body's most essential needs. When dehydration occurs, the body becomes fatigued and more susceptible to illness.

- More than 80 percent of this group indicated that they try to get at least seven to nine hours of deep sleep nightly without disruptions. The most apparent physiological effect of sleep deprivation is a weakening of the immune system, which may impact the body's defense system.

- Sixty percent of this group indicated they take extra vitamins to help maintain good health. Eating well and supplementing with essential nutrients, such as vitamin C, is another fundamental component in enhancing immune system function. One of the most recognized types of vitamin C is Ester-C, a patented, non-acidic

form of the vitamin.

Though only 12 percent of respondents indicated that they took such preventative measures, there is hope. Eighty-four percent of all women surveyed said that if they knew of something that would keep them healthy, they would likely try it.

"It often happens that simple, but effective precautions are overlooked. But with more than half of the survey respondents indicating that kissing and sex are taboo when ill, these three simple fundamentals should take on new significance," said Dr. Brown. "These precautions could help ensure your Valentine's Day plans will not include tissues, cold medicine and chicken soup."

For more information regarding this survey or on vitamin C, visit www.ester-c.com.