



# Holiday Hints

## Simple Responses For Too Much Holiday Cheer

(NAPSA)—If you find that the holidays can sometimes be too much of a good thing, there's actually some good news. There are a number of simple steps you can take to stay in control of your social life. Here are some tips:

• **Start by saying no.** Some are surprised to learn that it really is possible to attend too many parties. To avoid holiday burnout, determine which events you really want to go to and which ones you have to go to, and send your regrets to the rest.

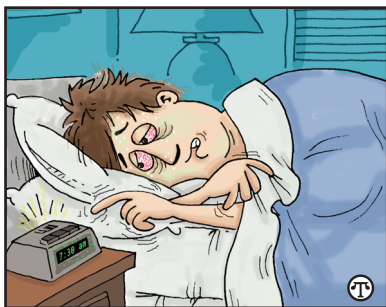
• **Stay close to your diet.** If you want to avoid reveler's remorse, don't use your holiday whirl as an excuse for eating and drinking all the treats you usually avoid. Think pie or cake, not pie and cake. Or skip the pie and cake and go for the fresh fruit.

• **If you overdo it, keep your remedy simple.** Fortunately, if you do overindulge, there are a number of simple things you can do to get back on the right track.

For example, if you wake with a touch of nausea from stress or too much food and drink, there's a low-cost, clinically proven, drug-free alternative treatment for the control of nausea and vomiting that's showing up everywhere from college campuses to airport lounges.

Called Sea-Bands, they are acupressure bands that fit around the patient's wrist just like a sweatband—with a pressure stud sewn inside. It works by applying pressure on the Nei Kuan acupressure point on each wrist by means of a plastic stud.

Because the bands do not use



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drugs, they do not cause any of the side effects associated with anti-nausea drugs and can be worn on each wrist whenever you feel nauseous. They are suitable for adults and children.

A University of Pittsburgh Medical Center study found that using Sea-Bands acupressure bands on post-op patients reduced the incidence of nausea to 10 percent—a reduction of two-thirds.

The bands have also been used to relieve motion sickness, morning sickness and cancer nausea and vomiting. They become effective within five minutes—even if nausea has already started—and can be worn continuously.

Sea-Bands are made of mixed fibers and are latex-free. They are soft, comfortable, fit all wrist sizes and can be reused if washed in a gentle cycle. They have an unlimited shelf life with no special storage conditions.

Sea-Bands are available in all major drugstores.