Say Goodbye to Common Cold Snifflies and Sore Throats with Clinically-Proven Cold-EEZE® Cold Remedy Zinc Lozenges

Expert Tips for Preventing and Shortening the Common Cold with Zinc

Doyleston, PA (PRWEB) February 11, 2008 -- During the cold season, which traditionally begins in mid-fall, peaks in February and begins to dissipate in late March, we might find ourselves wondering just when we will catch a common cold, not if we'll catch one. That dreaded feeling of being run-down with a sore throat, runny nose, cough and even fever doesn't have to get the best of us, if we take some simple measures.

An Ounce of Prevention

While there is no absolute way to prevent the common cold, Suzy Cohen, R.Ph., noted pharmacist and author of The 24-Hour Pharmacist (HarperCollins, 2007), offers the following tips to help reduce the risk of catching one in the first place:

• Wash hands regularly with regular soap and water, up to six times a day and especially around people who are sick.
• Avoid touching the eyes, nose or mouth where soft mucus membranes are more prone to viral invasion.
• Cover your nose and mouth when coughing or sneezing; Cohen recommends that you sneeze into the crook of your elbow to avoid contaminating your hands.
• Practice healthy habits, including eating a balanced diet, getting enough sleep and exercising, all of which will help to maintain a strong immune system and help keep illness at bay.
• Increase fluid intake to as much as 8-12 glasses of water per day, as this will help keep the body hydrated and will flush toxins.
• Support optimum immune system function by taking new Cold-EEZE® Immune Support Complex 10, an immune boosting dietary supplement made of a proprietary blend of 10 herbs, vitamin nutrients and zinc to increase the immune response function, to help keep your immune system working at its peak level.
• Drink green tea.
• Take healthy probiotics, natural "friendly bacteria" found at your local health food store. These build up your immune system, which is found primarily in the gut.
"Remember, if you feel a cold coming on, act quickly to begin getting relief at the onset of the symptoms," adds Cohen. "While Cold-EEZE zinc lozenges will have you feeling better in just a few days, reducing the duration and severity of the common cold by three to four days, don't forget to keep yourself hydrated, nourished and well-rested."

In addition to Cold-EEZE Immune Support Complex 10, new Organix™ Cough and Sore Throat Drops, the first over-the-counter cough and sore throat drops certified USDA Organic, will help suppress coughs, cool nasal passages and soothe irritated sore throats.

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