



LOOK GOOD, FEEL GOOD

TIPS FOR VIBRANT HEALTH AND BEAUTY AT EVERY AGE



Take a Walk

Challenge yourself to make fitness a priority. Is your library, grocery store, or pharmacy across town or a block away? Before jumping in your car, ask if driving is really necessary. Consider walking to do errands within a reasonable distance from home or work. You will save money on gas, plus get fresh air, exercise, and a shorter to-do list!

Traveler's Amnesia

A word of caution: We're told that people who take sleeping pills on airplane flights may experience memory loss if they wake up before the effect of the medicine is gone. People with traveler's amnesia carry on with normal activities but have no memory of their behavior for a few minutes to a few hours.



We once traveled with Molly and Norman Rockwell from Little Dix Bay in the Virgin Islands. When we were

catching an early-morning plane, they seemed to have trouble collecting their luggage. Their Saturday Evening Post host spotted one suitcase be-

ing left behind and retrieved it for the grateful couple. We wondered whether they might have taken sleeping pills the night before, causing the senior citizens to be affected by traveler's amnesia.

Best to sip warm milk (one of our readers suggests adding cinnamon) or

choose a short-acting sleep aid when traveling. No need to risk traveler's amnesia and forgetting where you've put the purse or luggage.

Help for Colds and Flu

When a Post editor woke up with chills and body aches just two days before an important conference, she tried Complete Flu Care from Hyland's. To her surprise, the product

relieved symptoms and helped her resume a busy schedule. The quick-dissolving tablets contain several FDA-regulated homeopathic substances and don't expire.

Children's formulations for colds and flu are also available from the company. The dietary supplement ImmPower may also protect against the flu. Its active ingredient, called AHCC, is a standardized compound made from mushrooms used in traditional Japanese medicine to boost immune function.

These products are available without a prescription at conventional and online stores.



Decibel Dangers

Tiny transmitters called ear buds—used with cell phones, MP3 players, iPods, and other electronic devices—sit close to the eardrum and present a new threat to healthy hearing. And volume level is not the only problem. Noise exposure throughout the day poses a cumulative danger.

Increasingly, physicians are seeing "old ears" on young heads. Ringing or buzzing in the ears, as well as difficulty following conversations in noisy environments, may be early signs of hearing loss. To protect young—as well as old—ears from loud and prolonged noises, follow this good advice from the Oregon Hearing Research Center: turn it down, walk away, wear earplugs.



Turn It Down



Walk Away



Protect Your Ears

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