

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**It's Flu Season – Protect Yourself!**

**By Sherri Allen**

**It's Flu Season – Protect Yourself! by Sherri Allen**

When you ask most people what season it is, they'll tell you it's winter. Many health professionals, however, will answer a little differently. They'll tell you it's flu season. Although the flu can actually be caught at any time of year, the heaviest flu activity occurs between December and March. That means, if you haven't already started flu prevention, you need to start now.

Of course, the number one method for preventing the flu is vaccination. For a lot of Americans this year, however, that is not an option due to the flu vaccine shortage. If you are in a high-risk category (i.e. over 64, suffering from a chronic illness, pregnant, child between 6–23 months or caregiver of child under 6 months) and haven't yet been vaccinated, you should contact your doctor or local government health department immediately to try to get a vaccination. For the millions of Americans who didn't get vaccinated this year, here are some tips to help with flu prevention:

\* **Wash Your Hands.** According to the Centers for Disease Control and Prevention (CDC), the flu virus spreads "in respiratory droplets from coughing and sneezing." Imagine this scenario: someone with the flu coughs into his/her hand. The flu virus is now on his/her hand. Then he/she touches a shopping cart, or a doorknob, or a checkout counter, etc. The flu virus is now on whatever he/she touched. Then you touch the same object. The flu virus is now on YOUR hand. You touch your eyes, nose or mouth and the flu virus has spread to you. You can see how washing your hands as often as possible will greatly reduce your chance of catching the flu. If facilities for washing your hands aren't available, use an alcohol-based waterless hand sanitizer.

\* **Don't Touch Your Face.** As shown in the previous example, touching your eyes, nose or mouth is a common way people become infected with the flu virus.

\* **Stay Away From Sick People.** Okay, this one's a little obvious but worth mentioning. Just remember that this method of prevention alone, along with not always being practical, is not foolproof. A person can spread the flu virus a full day before showing any symptoms.

## It's Flu Season – Protect Yourself!

Practicing general wellness can also provide some protection from the flu. After all, your body can fight the flu virus better when it has a healthy head start. Remember to follow these healthy habits:

- \* **Drink Plenty of Water.** Most adults need 64 ounces of fluids a day.
- \* **Exercise Regularly.** The CDC recommends at least 30 minutes of moderate exercise for 5 days a week.
- \* **Eat Well–Balanced Meals.** Be sure to include a variety of fruits and vegetables in your diet. Don't rely on vitamin supplements to provide your nutrients; they don't contain the phytochemicals found in fruits and vegetables.
- \* **Get Plenty of Rest.** Experts recommend adults get between 7–9 hours of sleep per night.

Protect yourself from the flu this season. There's no way to guarantee you won't contract the flu, but you can certainly minimize your chances of being infected with the virus. Stay healthy and, should you be unfortunate enough to get the flu, please stay home!

Sherri Allen is the editor of an award–winning website devoted to topics such as family, food, garden, house&home and money. For free articles, information, tips, recipes, reviews and coloring pages, visit <http://www.SherriAllen.com/>

### **Flu Shot Alternative – Seasonal Change**

**By J. Ratliff**

#### **Flu Shot Alternative – Seasonal Change by J. Ratliff**

If you are among the millions of Americans this year who was not able to get a flu shot, then you should be aware of alternative medicines.

A product called Seasonal Change may help keep you from getting the Flu this season.

What is Season Change?

Progressive Health's Seasonal Change formula may be able to strengthen your immune system and help you recover from your seasonal illness such as the flu.

The national institute of health estimates over 108 million cases of a cold or flu are reported on a yearly basis.

People who take Progressive Health's Seasonal Change have a reduced risk of becoming ill. Studies show vitamins in our product may be utilized by white blood cells at 4 – 6 times the normal rate during an incidence of a cold or flu.

## It's Flu Season – Protect Yourself!

The common cold and flu are caused by viruses that attack the upper respiratory system. Natural supplements are almost always recommended before OTC drugs, here are some reasons why:

Possible side effects with pre-existing conditions or medications may prevent the use of OTC drugs  
Certain occupations are restricted from use of antihistamines, such as pilots and truck drivers  
Many believe natural products are better for you and more effective in the long run  
Vaccinations may not be adequate protection.

To learn more about Seasonal Change, please visit

Jamie is a technical and health writer for numerous websites. This article was recently written for



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**