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

**Simple Steps To Avoid 'Winter Itch'**

**By News Canada**

**Simple Steps To Avoid 'Winter Itch'**

by: **News Canada**

Avoid overheating rooms.

Use humidifiers to keep heated indoor air moist. Humidified air is easier to breathe, too.

Use a mild soap or wear rubber gloves if you need to handle strong detergents or other chemicals.

Stay away from irritants or substances which can trigger allergic reactions.

Bundle up when you go outside. Cover exposed skin in windy or cold weather.

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