A Natural Way To Ease A Stuffy Nose And Sinuses

(NAPS)—You may be able to breathe a little easier if you’re among the more than 37 million Americans who suffer from nasal pain and infection or are looking for a more natural way to keep healthy.

There are a number of simple remedies that might save you time and trouble.

• Sleep between seven and nine hours a night. Try for more sleep when you have a sinus infection.

• Practice good hygiene and wash your hands several times a day.

• Use a negative ion air cleaner or HEPA filter daily.

• Try using a humidifier when using an air conditioner or during the heating season.

• Avoid sugar, dairy, caffeine and alcohol and enhance your diet with fruit, vegetables, whole grains and fiber.

• Try daily aerobic exercise such as walking, preferably outside.

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Nasal irrigation provides a gentle solution for opening nasal passages and relieving irritation, and is recommended by doctors for patients who have nasal allergies and nasal polyps. It helps clean out the nasal passage, reduces swelling and can provide relief of symptoms from the common cold, sinusitis, chronic congestion, asthma and seasonal allergies.

Three Key Types of Insurance

Doctors have recommended nasal irrigation for a hundred years to treat stuffy noses, allergies and throat irritation. This simple procedure has been practiced in India for centuries as one of the disciplines of yoga. Whether you have allergies, a cold, sinusitis, chronic congestion or throat irritation, the irrigation solution doctors have been recommending for more than a century is available. Made from natural ingredients, it is an effective nasal irrigation solution providing soothing relief. It is free of anti-histamines, preservatives or chemicals that may irritate or damage tender mucous membranes.

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**Consider steam therapy or mentholated oil. An at-home steam treatment can help break up nasal congestion and ease your suffering while you look for a longer-term solution to treat and relieve your sinus infections. Plus, they are safe for sinus sufferers of all ages.**

**Betty Crocker® will donate 10 cents to the Make-A-Wish Foundation® for every specially marked package purchased, with a guaranteed minimum donation of $250,000 and a maximum donation of $500,000. At StirringUpWishes.com you can read about incredible wishes stirred up by Betty Crocker and the Make-A-Wish Foundation and try wish-inspired recipes.**

To help support fundraisers, the Bisquick Pancake Nation program provides 100 percent support and nonprofit organizations and qualified public or private schools with a $250 grant toward hosting a pancake breakfast fundraiser in the local community. Visit www.BisquickPancakeNation.com for more information.

Registering With Selective Service Is A Must

(NAPS)—When the gang gets together at your house, re-creating a sports-venue atmosphere can be easy and inexpensive. You can find many of the items you need at BJ's Wholesale Club. For locations, information, coupons or to shop online, visit bj's.com and www.facebook.com/bjswholesaleclub

Sports Gambling Can Be A Dangerous Game

(NAPS)—When it’s the Super Bowl, Olympics, the World Series or the collegiate basketball tournament known as “March Madness,” the American public loves its sporting events.

Unfortunately, this fascination with sports can also have what some describe as a dark side. For some, wagering on sporting events—either legally or illegally—can become a problem. Advocates say problem gambling can devastate thousands of individuals and families in many ways, such as extreme debt, lying, borrowing and/or stealing, agitation when not gambling, stress, aggression, broken relationships, depression and, in extreme cases, suicide.

Thankfully, the March Madness season coincides with National Problem Gambling Awareness Week, March 7–13, 2010. To publicize the dangers associated with problem gambling, McGuigan’s, one of the nation’s largest bookies, is teaming up with sports figure Bill Swanson and Robert McGuigan—are telling their story to remind the nation that sports betting can turn deadly.

McGuigan’s son had become a bookie. Swanson’s son was staying at his son’s apartment and became involved when Swanson was killed by a gambler who was laying in wait for his pay out. McGuigan’s son—

“Three key types of insurance offer the financial protection

The least initial deviation from the truth is multiplied later.

The most dangerous untruths are truths moderately distorted.

With lies you may get ahead in the world—but you can never go back.

The hardest tumble a man can make is to fall over his own bluff.

**Doctors have recommended nasal irrigation for a hundred years to treat stuffy noses, allergies and throat irritation.**

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Combine red potatoes with supermeltable and deliciously nutty Jarlsberg cheese, a solid source of calcium. Add fresh, aromatic rosemary and season with dry mustard for a simply satisfying skilet dish.

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For more information on ways to prevent and treat sinus infections, visit www.alkalolcompany.com.

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