Battling a winter cold? Relief's close at hand

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Author: Shawn & Laura Ehrke

Ahhchoo! Sniffle, sniffle, cough! These sounds make up an all too familiar winter chorus for many of us.

The cold weather traps us indoors, in close contact with cold and flu viruses.

Because colds and flu's are viruses, not bacteria, antibiotics are not effective. Rather, the usual course of treatment includes staying home and resting and drinking lots of fluids. Taking aspirin, vitamin C, hot tea with lemon or chicken soup are also trusted remedies.

To increase your treatment options, you may want to investigate homeopathic medicine.

Homeopathy targets specific products to stimulate the body's own healing processes, with minimal risk of side effects or toxicity. However, the tremendous range of natural products, dosages and brands now available on the market can become overwhelming.

Kim Miller, manager of Here's Health in Barrington, offers the help of her staff, "All of us involved in the store live the natural way and want to help you, too." Miller is a firm believer in educating her customers. A free monthly health magazine is available at the store for additional health-related articles.

Miller reports Ossiolococcinum (also known as Oscillo) and echinacea to be some of their most popular items during cold and flu season. Echinacea is said to increase the level of white blood cells and stimulate natural immunity. Oscillo has been popular in Europe for more than 40 years, and was introduced to the US in 1983. Oscillo is touted to bolster natural defense systems, while providing gentle relief from flu symptoms.

"We sell tons of it, since it is very safe for adults and children 2 and up," Miller said.

Other popular supplements include Vitamins A, C and E; elderberry; and zinc. For additional information, stop by the store at 704 S. Northwest Highway, or call them at (847) 381-4210.