

Zinc can help lessen the time you suffer from cold symptoms

The common cold – wouldn't it be great if you could take an over-the-counter treatment that would reduce the number of days and severity of your suffering? New research shows that zinc can keep the cold virus from replicating – which can reduce the time you suffer by almost 50 percent.

"The catch is that you must begin the zinc treatment as soon as symptoms appear and you must take a dose of at least 13.3 milligrams up to eight times daily for the first couple of days," said Susan Mills-Gray, Nutrition/Health Specialist with University of Missouri Extension.

Zinc is best taken as a throat lozenge or nasal gel. "These mediums allow the zinc to come into full contact with the back of the throat allowing the zinc to reduce the cold virus replication," Mills-Gray said.

Shopping tips:

- Make sure the supplement is made from zinc gluconate or zinc acetate.

- Avoid flavorings made from citric acid and tartaric acid – these interfere with zinc's antiviral action.

- The safe upper limit intake is 40 milligrams daily – this is why most zinc supplements

recommend only using three lozenges (39.9 milligrams) per day. Using the larger dose (106 milligrams) daily as indicated by research is considered safe for a couple of days. Only continue such a high dose for longer if your care provider has prescribed this level.

- There can be side effects with short-term, high doses of zinc: stomach upset, unpleasant taste in mouth, interference with copper absorption and impaired absorption of some antibiotics. Long-term dosages of 100 or more milligrams daily may lower levels of good cholesterol, suppress immune

function and increase the risk of prostate cancer.

- Zinc nasal gels may cause temporary or permanent loss of smell. Some people also experience pain in the nose immediately after use.

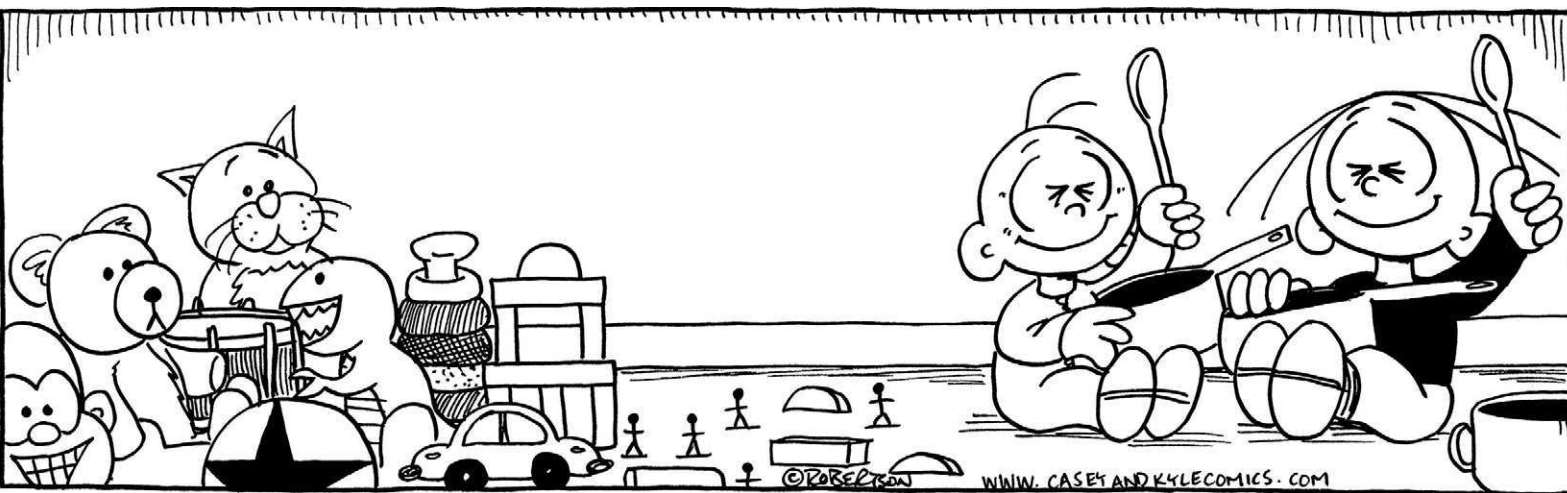
For more information, see <http://missourifamilies.org/features/healtharticles/health85.htm>.

Source: Susan Mills-Gray, Nutrition/Health Specialist with University of Missouri Extension



Just for Fun

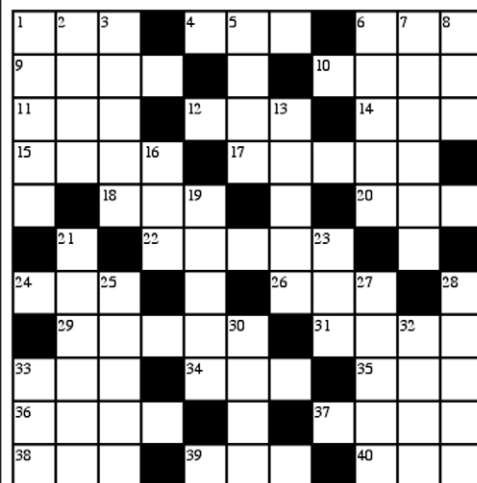
Casey and Kyle by Will Robertson



The people always have some champion whom they set over them and nurse into greatness... This and no other is the root from which a tyranny springs.

PLATO
Greek philosopher
(428-348 BC)

Crossword Puzzle



- 5. Solid oils
- 6. Please Register
- 7. The Muse of astronomy
- 8. Consume
- 13. Strange and mysterious
- 16. New Zealand parrot
- 19. Please Register
- 21. Concealed
- 23. Snow runner
- 25. Muslim veil
- 27. Convocation of witches
- 28. Please Register
- 30. Tibetan oxen
- 32. Hawaiian honeycreeper
- 33. Before

- ACROSS**
- 1. Have supper
 - 4. Not on
 - 6. Regret
 - 9. Evils
 - 10. Please Register
 - 11. Oxlike African antelope
 - 12. Consumed
 - 14. Long-tailed rodent
 - 15. Cut ruthlessly
 - 17. Please Register
 - 18. Understanding
 - 20. Cover
 - 22. Sponsorship
 - 24. Vigor
 - 26. Please Register
 - 29. Having curls
- DOWN**
- 31. Egyptian goddess of fertility
 - 33. Sin
 - 34. Brief deviation from a straight course
 - 35. Please Register
 - 36. Spawning area of salmon
 - 37. Ship's small boat
 - 38. 7th letter of the Greek alphabet
 - 39. Doctrine
 - 40. Please Register



October 7
puzzle answer

Here is a Halloween pumpkin to color

