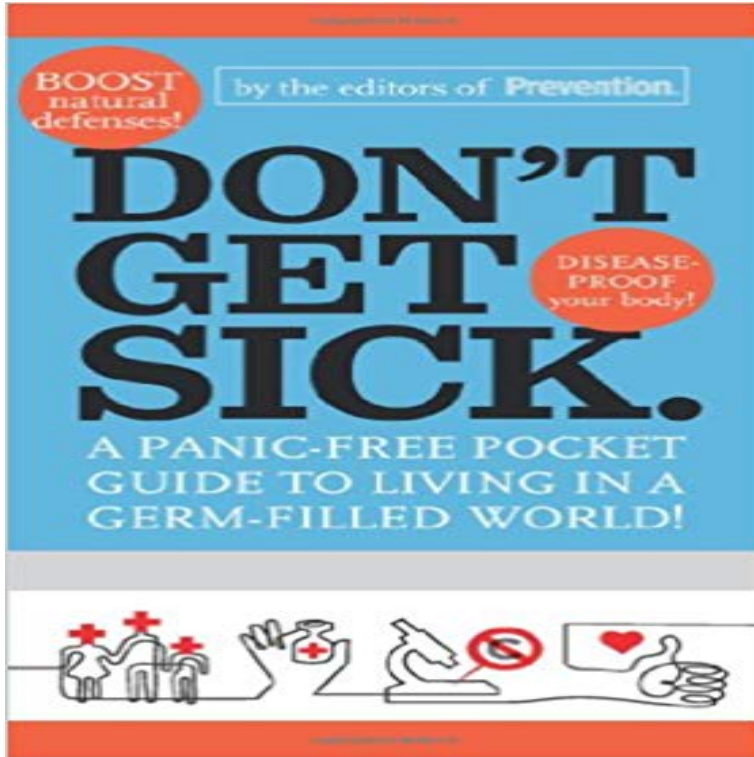


Dont Get Sick.: A Panic-Free Pocket Guide to Living in a Germ-Filled World



The next best thing to a cure for the common cold?proven strategies to outsmart germs and help you stay disease-freeComing down with the latest bug to make the rounds will never be on anyone's to-do list. After all,who has time to be laid up by, say, a cold or the flu? And now that the germs are getting bigger and badder, theres even more reason to try to stay healthy.Dont Get Sick - by the editors of Prevention - makes the case for smart self-care as the key to stopping the spread of infectious illness. While germs may not be 100 percent avoidable, theres a lot that people can do to reduce their exposure and strengthen their natural defenses. Drawing on scientific research and expert interviews, Dont Get Sick reveals: where germs are most likely to linger how nurses, teachers, and others in high-risk professions manage to outsmart illness which immune-boosting products really work?and which arent worth the moneyPacked with real-world advice, along with a healthy dose of perspective on swine flu and other health risks, Dont Get Sick is a must-have resource for anyone concerned about their health.

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