

Davies Pharmacy Capsule Comments:

Baths are better for dry skin than showers. Baths give the skin a chance to "rehydrate" helping to replenish the water content of the skin. Applying a good moisturizing cream after the bath will enhance this process and keep dryness in check. If you like showers, try shortening them to 2-4 minutes in duration.

Do you take naps? About half the world's population naps every day. The ideal time seems to be between 2PM and 3PM. A short nap at this time shouldn't interfere with night sleep and people claim it restores their energy reserves.

If ASA were discovered today, it would probably be a prescription drug only. It interacts with viruses causing Reye's syndrome in kids, affects blood coagulation and can cause intestinal bleeding. It does a good job of reducing pain, fever and inflammation and it's used to prevent heart attacks and strokes. But ask for professional advice before taking it.

Establishing a "sleep routine" is one of the best methods of ensuring you get a good night's sleep. Part of this routine is going to bed at the same time every night and getting up at the same time each morning.

Going on a winter holiday? Be sure you have an adequate supply of your medications to take with you. It saves the hassle of trying to get them in another city or country.