EVA LONGORIA
SHE COMES CLEAN ON MARRIAGE, MOVIES, AND WHY SHE'S WORKING TO HELP KIDS WITH CANCER

GRILL THE PERFECT STEAK

The Best Beers

38 WAYS TO CHILL OUT

PLUS

GUilty PLEASURES
MASSAGES, MARTINIS, AND CHOCOLATE MINT ICE CREAM: GO AHEAD... IT'S OK TO INDULGE

28 WAYS TO GET FIT AND LOVE YOUR LIFE

COOL DOWN IN LAKE ARROWHEAD
between 101 and 103 degrees for two to three days. Tylenol or Motrin will bring the fever down. Discharge of thick or green or yellow mucus can last four to five days. A cough may be present the whole time and may even linger for as long as two weeks. There will also be the normal minor body aches, sore throat and stuffy nose.

Normally, however, the progression will see the child become sickest on day three or four, starting to recover on days five, six and seven, with steady progress toward wellness after that. The rule of thumb: four days of decline, four days of steady improvement. If, however, on days five through seven the child is not recovering or has become more ill, it’s time to see a pediatrician.

WHEN TO SEE THE DOCTOR: Colds make children congested. They will be unable to breathe through their noses. Some parents confuse this with trouble breathing, which occurs when the child is wheezing and cannot breathe easily through the mouth. If this is so, see the doctor right away. If the child is vomiting a lot, has continuing lethargy not abated by the distraction of a game or toy, for example, it’s probably time to visit the pediatrician.

Sometimes a viral infection will become complicated with a bacterial infection in a child, such as an ear infection or pneumonia, which is serious but can be treated with antibiotics. Complications typically occur five to seven days from the cold’s start. A child’s recovery should never begin after about the fourth or fifth day. If it does, it is not steadily improving thereof and see the physician.

KNOW THE ENEMY: In my practice at Riverside Medical Clinic in Corona, I tell my patients: parents that we always want to have a clear plan. It’s this: understand how a viral disease works and what to expect. (Remember the ‘ill season’?) If the illness does not go according to plan, it’s time to bring in reinforcements (call or see the doctor). If we prescribe antibiotics too early, we have prematurely shown our battle plan to the enemy. Now, if the virus does develop into a bacterial complication, it is more likely to be resisted to a normal course of treatment.

GUARD THE DEFENSES: The best offense is a good defense and prevention can go a long way to keeping kids’ colds at a minimum. The best thing parents can do from an early age is to instruct their child not to touch his

ENVIRONMENT
Color Your World
BY DENISE SUTTENS

“Colors have been scientifically proven to have consistent physical and emotional effects,” says Denise Turner, an internationally recognized color consultant, certified interior designer, and founder of The Color Turners and The Room Turners in Alta Loma, Calif. She says that Roman, Egyptian, Chinese and Greek cultures knew the importance of color therapy, noting that Hippocrates used a variety of colored ointments and salves on his patients and painted his treatment rooms in colors that promoted healing.

“He discovered that red helped patients with circulatory problems, while blue aided in reducing the temperature of feverish adults and children,” Turner says.

So what do colors mean and where can they be best used? Turner shares these thoughts:
• Oranges and reds stimulate the appetite and work well in a kitchen area or dining room. But if you are dieting, consider green, a color associated with health and harmony.
• Yellow is the color our eyes see most readily in any situation. It is a good color for counseling and conference offices because it encourages people to communicate.
• Pasties taste better when they come out of pink boxes or served on pink plates because pink makes us crave sugar.
• Purple and violet are the colors of spirituality and creativity.
• Green stimulates the feeling of balance and harmony with nature and ecology. Green interiors reduce stress, connect us to nature and make people feel secure.
• Blue is considered to be the favorite of 35 percent of the world’s population. It brings a tremendous feeling of peace and tranquility, particularly to terminally ill patients. A navy blue suit is the standard in the Western world.
• Brown connects us to the earth and makes us feel safe.
• White encompasses all colors and is the color of cleanliness and freshness.
• Black absorbs all light; it is the color of sophistication, power and mystery.