

USA TODAY

NEWSVIEW

found in dirty laundry also are killed—and at a much faster rate than with bleach. As for skin irritations and allergic reactions from detergents and other soaps left in fabrics, that will be a thing of the past.

Wash It (\$397) has an estimated life span of more than a decade, and installs easily to any washing machine in about 10 minutes. Go to www.washit.com to learn more.

BE WELL DURING SUMMER ESCAPADES

With summer comes outdoor adventures. As exhilarating as these road trips and escapades can be, the last thing you want to worry about is your health and well-being. When hiking, camping, and exploring this summer, here are some items you might want to take along:

Celsius maintains that it is the world's first and only negative calorie drink—backed by multiple clinical studies. It increases endurance and provides lasting energy. Also available in convenient to-go sticks (\$17.99 for 14 Stick Packets at Amazon.com).

Hope Paige, makers of customized medical ID bracelets, have created fun and fashionable medical accessories that easily blend in with



Hope Paige Customized
Medical ID Bracelet

everyday pieces and only will stand out to medical professionals in case of emergency. Perfect for kids and adults, each bracelet can be customized with an engraving on the back to alert EMTs of medical conditions and provide necessary information, such as a phone number of a parent or the child's name.

Before you head out for a day in the wilderness, make sure you've got a nutritious snack like MediFast Chewy Bar. That way, potato chips and candy don't become your lunch. The Cookie Dough Chewy Bar and Peanut Butter Chocolate Chip Chewy each have 110 calories, three grams of fat, 11 grams of protein, and 24 vitamins and minerals per serving—and are certified kosher.

Boost-It-Up for the mom who won't let pregnancy keep her from adventures. While pregnant or nursing, coffee or energy drinks may be no-nos,

so enjoy an all-natural lift with Boost-It-Up, the energy and anti-nausea drink that's rich in protein, B-vitamins, ginger, fiber, and electrolytes. It's lightly sweetened to be refreshing and hydrating, and it helps quell the queasies—really.

BREASTFEEDING GETS ITS OWN MONTH

August is Breastfeeding Awareness Month and there are a number of tips and products that can be helpful to mothers. Although there are many positive aspects of breastfeeding, a number of moms choose not to do so, or stop after a short period of time. It isn't always easy, and oftentimes can cause discomfort. Here are some ways moms can have an easier, more private, and pain-free experience while breastfeeding.

● The San Diego Bebe Eco-Nursing Pillow (\$59.99-\$79.99, www.doubleblessings.com) is an eco-friendly product that offers support, comfort, and discretion for mother and baby. It features a privacy cover and is made with Eco Loft & Trade virgin fiber (instead of foam). The pillow is free of fire-retardant chemicals—and is hypoallergenic, nontoxic, and odor-, glue-, lead-, and phthalate-free. Available for a single baby or, in a larger version for twins.