

**Subject**

Your Duphalac-Newsletter - Get to the bottom of the cause

**Body**

Dear Madam,

Dear Sir,

With the free Duphalac Newsletter you will regularly receive interesting tips on what you can do to promote healthy digestion.

**Bowel movement: how often is normal?**

**There is no 'have to' about when you 'have to go'. The frequency of bowel movements varies from person to person.**

Doctors judge a frequency of bowel movement as normal between three times per day to three times per week. We can speak of constipation if you have fewer than 3 bowel movements per week. If the bowel is not emptied often enough it will contain a hard mass of food where water has withdrawn. The bowel movement consequently becomes difficult. It is mostly accompanied by a feeling of fullness or pressure in the belly. Linked to this are unpleasant complaints such as bloating, stomach pains or sudden diarrhoea with stomach cramps. But it is not until these symptoms occur more frequently and without recognisable cause that we can speak of an irritated or nervous bowel.

If altering your diet does not help relieve constipation, mild laxatives can be used. One of these is Lactulose which stabilises the intestinal flora. Lactulose draws water into the bowel, softens it and enlarges the waste matter. This in turn stimulates the bowel muscles and promotes movement.

Your Duphalac Team

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