

**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.

**Educate your bowel**

**If you often have problems with your bowel movements you should give your bowel a definite rhythm. It works, you just have to educate it.**

You don't believe it? Wrong. The bowel really does allow itself to become "educated" to move at a certain time of day. For example, if the best time is after breakfast, try the following: before breakfast drink a large glass of water on an empty stomach. A cup of coffee also works for some people because the caffeine stimulates the movement of the bowel. The fluid ensures that the digested mass stored in the bowel starts to move. Take time over an adequate breakfast that should be rich in roughage – such as wholemeal bread, yoghurt with linseed or coarse muesli. Stay in your chair for about 15 minutes after eating and read the morning newspaper. Even if the ritual isn't successful immediately don't give up straight away. After a time your bowel will move. And don't forget: drink lots of water.

Your Duphalac Team

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