



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.

Constipation: Diet is often at fault

An “unhealthy“ diet can disrupt intestinal function.

Hamburgers, white bread, chocolate bars, meat, sausage & co. – the bowel needs different nourishment in order to keep healthy. To ensure that the digestive system functions properly, you should select a healthy, balanced diet rich in roughage. Below are a few tips:

- Replace refined flour products such as white rolls, toast, refined (white) pasta, white rice, bread made from wheat and rye flour and white bread with wholemeal products and muesli. However: be aware that not everyone can tolerate the combination of wholemeal and sugar.
- Use food as far as possible in its natural form, i.e. eat as little processed and cultivated foods as you can. This means: boiled potatoes instead of potato pancakes, and raw fruit and vegetables or fresh fruit instead of juice.
- Cut out fat in the right places: meat, sausage and cheese may contain valuable animal proteins, but mostly high levels of fat. If you suffer from constipation, you should only eat these foods sparingly and occasionally.
- Do not give up olive and sunflower oil with salads and vegetables. The bowel is unable to function with no (vegetable) fats.
- Choose vegetable foodstuffs as the basis for your diet, such as grains and cereals, potatoes, pulses, fruit, vegetables and salad. This ensures that your body absorbs all the main nutrients and sufficient roughage in a balanced way.
- Do not forget to drink enough. At least 2 litres of mineral water or fruit juice mixed with water (1 part juice to 3 parts water) daily are recommended.

Your Duphalac Team

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