



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.

When the stress of Christmas gets to your stomach and intestine...

Nearly one third of women and men suffer from problems with their stomach and intestine.

Even if Christmas is the festival of peace, the pre-Christmas period is often associated with stress. This stress and pressure cause stomach pains in a lot of people – which are known as functional gastrointestinal complaints. No wonder: in the abdomen, many nerves run together round about the stomach and intestine and form a kind of second brain.

About 30 percent of adults suffer from these functional gastrointestinal complaints and 50 percent of them suffer from irritable bowel. Doctors use the terms irritable stomach and irritable bowel to describe symptoms such as digestive complaints, bloating, diarrhoea, constipation or heartburn in otherwise healthy persons.

Sometimes, herbal teas such as peppermint, artichoke, caraway or aniseed are enough to relieve the symptoms. With constipation, the use of lactulose is preferable to treatment with short-term laxatives.

However, the most secure help is to switch off the problems that “hit you in the stomach“. And relaxation and rest certainly help to influence the stomach nerves.

We wish you a happy Christmas and a healthy new year!

Your Duphalac Team

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