



Subject

Your Duphalac Newsletter - getting to the root of things

Body

Dear **Ms.**

Dear **Mr.**

the free Duphalac newsletter gives you regular and interesting tips on what you can do to give yourself a healthy digestion.

Healthy in 2009 - your New Year's resolutions

The holiday season at the end of the year is over and many people are now suffering from constipation. Sweets, frequent and heavy meals, unhealthy types of food are all showing their unpleasant side effects, and not only on the scales. Lack of movement also contributes to this. The bowel becomes sluggish. First you feel full up. And this is often quickly followed by constipation.

In such circumstances people can be very tempted to reach out for a quick-acting laxative. The effects on the bowel are however not very appealing: The result is habituation to this substance so that you take higher and higher doses of it.

You would do better to regulate the action of your bowel by getting more exercise and eating a balanced diet. The best way of using a medicine to support the working of your bowel is to take lactulose, which is a natural means of supporting your bowel.

Our tip for January: Go out for walks and get some exercise in the clear winter air. This not only helps against the risk of putting on winter fat, it also promotes digestion. Try out the following New Year's resolution: "I will go for a quick, 30 minutes walk every day" You can do it - if you want to!

We wish you a healthy 2009!

Your Duphalac Team

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