



Subject

Your Duphalac Newsletter – Getting to the bottom of things

Body

Dear Ms./Mrs. ...,

Dear Mr. ...,

The free Duphalac Newsletter will provide you with interesting tips on a regular basis on what you can do for healthy digestion.

Getting out of the house – after the winter break

You can get started now to ensure a pleasant start to spring.

The lack of movement of the past weeks makes not only your body sluggish, but your intestines as well. This becomes noticeable, as it takes longer than usual for the bowels to empty. Give your body the gift of more exercise – your body and your digestion will get back into the swing of things.

What happens in the intestines when exercise is not enough? Stool stays in the intestinal tract for longer than usual. Water is extracted. Hardening and reduction of the overall volume are the consequences. The pressure on the intestinal wall and thus the movement of the bowels is reduced.

Regular exercise helps the intestinal tract get into shape --and you give yourself back enhanced quality of life. We can especially recommend Nordic Walking to get your entire body into shape for spring. In addition, you can support your digestion with lactulose.

Your Duphalac-Team

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