



**Subject**

Your Duphalac Newsletter – Getting to the root of the problem

**Body**

Dear Ms ...

Dear Mr ...

Your free Duphalac Newsletter regularly provides you with interesting tips on how to maintain a healthy digestive system.

**Can hamburgers and similar foods cause constipation?**

Many people can hardly imagine everyday life without hamburgers, chips and other types of convenience food. Short lunch breaks taken between appointments often leave too little time for a healthy lunch, meaning people resort to 'fast food'.

However, quite apart from the fact that this type of food is extremely high in calories, it also harms the body in other ways. For instance, it often makes your bowels sluggish as it contains too little roughage and, as a consequence, leads to constipation.

The human bowels need roughage to function regularly. Together with plenty of fluids, this form of fibre constitutes the filler for our bowels. It stretches the intestinal wall, triggering the important expanding and stretching reflexes which stimulate intestinal activity.

However, merely trying to eat healthily is not enough; you need to know which foods are particularly good for you. Visit <http://www.duphalac.com/professionals/obstipation/roughage/0,,10314-2-0,00.htm> for a whole range of suggestions. Or did you already know that beans are good for you?

Your Duphalac team

\*\*\*\*\*

This newsletter is supplied free of charge by Solvay Pharmaceuticals and sent to interested subscribers on a monthly basis.

You may cancel your subscription any time by contacting <mailto:duphalac.info@solvay.com>