

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.

Enjoy the summer holiday

You've already chosen your destination, booked your flight and packed your suitcase – who doesn't look forward to their long awaited summer holiday?

However, the excitement of the holiday can all too often be dampened by thoughts of the stomach or the bowels turning the glorious days into an ordeal. Stomach and bowel problems accompany many people's holidays. Thoughts often turn to 'Montezuma's Revenge', otherwise known as travellers' diarrhoea. However, quite the opposite occurs just as often – chronic constipation.

Your whole digestive system often has little fun on holiday. It suffers from the stress of the journey, a possible time difference, the change in diet and often even the unconscious loathing of foreign toilets. Whenever you go on holiday, your body needs a few days to acclimatise. The occurrence of constipation is a normal part of this process. However, anyone who already suffers from irregular digestion and constipation at home should offer their bowels some assistance. Taking Lactulose regulates the intestinal flora, thereby optimising the natural digestive processes and giving your bowels a well-earned holiday – free from congestion!

Your Duphalac Team

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