



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.

Stress affects your intestine too

Severe psychological strain, caused by stress, conflict or anxiety, often impacts on your digestion. Your intestine suffers with you, with constipation frequently being the intestine's response to emotional upheaval.

There are over 100 million nerve cells in the abdominal cavity, and this 'vegetative' nervous system cannot be controlled consciously – it works independently and is highly sensitive to psychological fluctuations. It is hardly surprising that certain situations can really make your stomach churn.

If constipation is triggered by emotional problems, the resultant physical problems only add to the psychological pressure. In instances such as these, the usual remedies may have little effect. Changing your diet and becoming more active can help over the long term, but will not resolve the immediate, acute problem.

Your digestion needs a little help from outside. Taking lactulose in this situation offers gentle relief, leaving you with nothing more to fear from stress!

Your Duphalac team

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