

**Subject**

Your Duphalac Newsletter - Getting to the root of the problem

**Body**

Dear Ms ...,

Dear Mr ...,

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

**Your intestine just wants to be cared for**

Chronic constipation is still an embarrassing problem for many. Yet it doesn't have to come to this, provided you care for your intestine properly.

You can do this by drinking a large glass of water before breakfast and trying to move around a bit more to get your intestine moving. You should then eat a good breakfast that is as rich in fibre as possible, followed by a rest. After a few days, your intestine will have become accustomed to this rhythm and your bowel movements will become more regular.

Once your intestine has learned to "report" each morning after breakfast, or at similar fixed times, it is easier to identify any irregularities with your digestive system and thus prevent chronic constipation. Problems with the digestive system can only be classed as a "chronic illness" when there are no bowel movements over a longer period of three to four days. In this case, we recommend that you consult your doctor.

You may, however, occasionally experience irregularities in the behaviour of an intestine that is "cared for". Taking lactulose in such situations offers gentle relief and re-establishes the right rhythm.

Your Duphalac team

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