

health hints



Resolve To Take Action To Stay Healthy This Year

(NAPSA)—Why do millions of people put up with common health problems such as constipation, heartburn and gas instead of seeking relief?

“People can get complacent about common health problems, especially if they accept the notion that they’re just a part of life,” notes Dr. Donnica Moore, a leading women’s health expert, columnist and TV personality. “This year, I’m teaming up with the makers of Dulcolax to spread the word that you don’t need to suffer in silence—there are simple steps you can take to get relief.”

To help make it easier for people to resolve to stay healthy, Dr. Moore offers the following tips:

- **Resolve to exercise more.** Take daily walks, no matter what the weather. The colon responds to activity; people who exercise regularly rarely complain about constipation.

- **Resolve to eat less fat and more fiber.** The American Dietetic Association recommends 20 to 35 grams of fiber every day. Start your day with a glass of juice and a bowl of cereal with fresh fruit; sip a cup of vegetable soup at lunch; pack an extra piece of fruit for a mid-afternoon snack. People who eat plenty of high-fiber foods are less likely to become constipated.

- **Resolve to drink more H₂O.** Water and juice add fluid to the colon and bulk to stools, helping to make bowel movements softer and easier to pass. Beware of liquids containing caffeine; they may have a dehydrating effect.

- **Resolve to give nature a boost from time to time.** While diet and exercise play an important role in relation to constipation, it’s fine to use a stimulant laxative such as Dulcolax occa-



With a few lifestyle changes, you may be able to overcome certain health problems.

sionally to help nature take its course. Safe, gentle, and effective, stimulant laxatives work by causing rhythmic muscle contractions in the intestines. Dulcolax tablets are specially coated so their active ingredient is released only in the large intestine, where it stimulates the bowel muscles to relieve constipation.

- **Resolve to listen to your body.** Be aware of lifestyle changes—and their potential effect on your regularity. Constipation can occur any time you disrupt your routine or eating habits.

- **Resolve to learn more.** Talk with friends and family to find out what works for them in terms of relieving their constipation. According to a recent survey by Dulcolax, four out of 10 women think more people *should* talk about constipation. “Sharing information with family and friends is the best way to learn about effective treatments,” agrees Dr. Moore.

For more information, visit www.dulcolax.com.