

Health Hints

Start Your New Year Off On The Right Track

(NAPSA)—The holiday season often means an abundance of parties and festive food—but the combination of irresistible treats and irregular schedules may cause digestive disturbances. To start your New Year off on the right track, here are a few tips from Registered Dietitian Tara Gidus:

- **Do not chew with your mouth open or ingest your meal too quickly:** Swallowing large amounts of air can cause digestive disturbances.

- **Don't lie down after you eat:** Lying down can inhibit digestion.

- **Have smaller meals:** Your stomach has to work overtime to digest large amounts of food at one time.

- **Eat a high-fiber diet:** Diets high in fiber and rich in whole grains, vegetables, legumes and fruits can improve digestive health.

- **Limit food that is high in fat:** Try to pair fatty foods with high-fiber foods to make them easier to digest.

- **Eat on a schedule:** Consuming meals and snacks on a regular schedule can keep your digestive system on track. Eat something light before you go to a party to prevent overeating.

- **Stay hydrated:** Drink plenty of water to help dissolve soluble fiber and help items pass through your digestive tract more easily.

- **Exercise regularly:** Regular exercise keeps foods moving through your digestive tract.

- **Manage stress:** Too much stress can cause your digestive system to go into overdrive.



For more information on the benefits of probiotics, visit www.PhillipsColonHealth.com

- **Consider taking a probiotic supplement:** Probiotics, such as Phillips' Colon Health, help support digestive health.*

Probiotics are live microorganisms, similar to the good bacteria found inside the body, which are available mainly through foods and dietary supplements. Probiotic supplements help replenish beneficial bacteria and when taken on a daily basis, they support the digestive system to help defend against occasional constipation, diarrhea, gas and bloating.

"It's unfortunate when digestive issues disrupt our everyday lives," said Gidus. "Probiotics such as Phillips' Colon Health can help support your digestive health, letting you get back to the important things in life."

For more information on the benefits of probiotics, visit www.PhillipsColonHealth.com.

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**