

Health Awareness

Getting The Facts: New Survey Finds Americans May Need Help Getting Their Digestive Tract On Track

(NAPSA)—According to a recent survey by Braun Research, Americans are not well informed about the important role the colon plays in digestive health. More than half of all Americans don't realize that the colon is the center and largest part of the digestive system. In fact, 51 percent of those surveyed incorrectly cited the stomach as the most important part of the digestive system.

Uncomfortable Upsets

Additionally, the survey revealed that digestive roadblocks, including constipation, affect the way Americans live their daily lives. Two-fifths (41 percent) of those surveyed say they have experienced constipation at least once in the last year. Of those suffering from constipation, most say it makes them feel uncomfortable (96 percent), but many report feeling sluggish (69 percent), irritable (68 percent), unhappy (61 percent) or frustrated (61 percent). According to the survey, more than 25 percent of Americans even avoid intimacy due to constipation. What's more, a reported two in five sufferers sometimes don't get a full night's sleep, 20 percent cancel plans and 15 percent stay home from work, all due to constipation.

Maintaining Digestive Health

A key to digestive health is maintaining balance in the colon, and probiotics may help. Probiotics are live microorganisms, similar to the good bacteria found



Probiotics can help you feel better so that you can stay healthy and have fun.

inside the body, which are available mainly through foods and dietary supplements. Probiotic supplements, such as Phillips' Colon Health, replenish the beneficial bacteria in the colon.

When taken daily with a meal, probiotics may help maintain digestive balance, promote regularity and help defend against occasional constipation, diarrhea, gas and bloating. Phillips' Colon Health is the only leading probiotic containing three of the most studied strains of bacteria. It can:

- Support nutrient absorption and lactose digestion;
- Help defend against occasional constipation, diarrhea and gas;
- Support overall digestive health and immunity.

For more information, visit www.PhillipsColonHealth.com.