

Health Hints

Big Meal Ahead? Tips To Avoid A Tummy Ache

(NAPSA)—If you've got a digestive date with a big meal, and you're worried about tummy trouble afterward, here are some do's and don'ts that will be easy to digest.

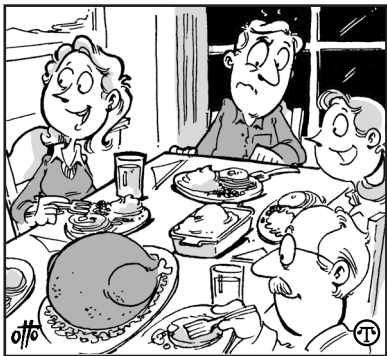
- **DON'T** skip breakfast and lunch just because you expect to eat a five-course meal at dinner.

- **DO** pace yourself during the meal. In other words, avoid gulping down food quickly because you're so hungry. Your brain usually takes about 20 minutes to register that your stomach is full.

- **DON'T** put too much food on your plate. This will make it easier not to overeat. Go easy on those heavy sauces, chocolate cakes or other heavy desserts.

- **DO** prepare your digestive system ahead by taking a daily probiotic acidophilus supplement such as Natrol® BioBeads®. This will fuel the body with a regular, concentrated source of beneficial bacteria to help you maintain a healthy digestive tract. This type of supplement also helps ease occasional stomach discomfort associated with travel.

- **DO** drink plenty of water during the meal. This will help greatly with digestion.



Be careful of overeating during the holidays—The brain usually takes about 20 minutes to register that your stomach is full, so don't eat fast and don't put too much on your plate.

- **DON'T** drink too much caffeine or soda. This can cause abdominal or gas pains.

- **DO** try taking a natural remedy for fullness, if you do overeat, such as a papaya enzyme, which can help relieve indigestion.

Remember, there's no need to give up your favorite dishes as long as you eat sensibly and take preventive measures beforehand.

For more information, visit www.Natrol.com or call (800) 262-8765.