

# Nutrition News And Notes

## Achieving Digestive Health Naturally

### New Web Site Provides Smart Solutions For Digestive Health

(NAPSA)—Did you know that 60 to 70 million Americans suffer from digestive diseases of one kind or another?

However, simple lifestyle and dietary changes can prevent or alleviate digestive health problems, without resorting to prescriptions. Now there is a new Web site, [www.SmartDigestiveHealth.com](http://www.SmartDigestiveHealth.com), which provides essential information to help people achieve a healthy digestive system—easily and naturally.



**Carolyn  
O'Neil**

Carolyn O'Neil, registered dietitian and author, has partnered with Sunsweet Growers, creators of PlumSmart® fresh plum juice, to launch [www.SmartDigestiveHealth.com](http://www.SmartDigestiveHealth.com), an online resource that educates men and women on the importance of incorporating fiber and other nutrients into their regular diet. Sunsweet launched the site to support its PlumSmart Juice, a natural and delicious solution to digestive health. The Web site provides a “smart” solution packed with information and interactive tools, bringing many digestive issues out into the open, making digestive health nothing to blush about.

“The topic of digestive health can be confusing and uncomfortable, but the gastrointestinal tract is important to your body’s immune system and overall health,” said O’Neil. “This new online resource is packed with common digestive issues and easy solutions for the everyday person, such as adding PlumSmart plum juice to your breakfast routine to easily increase the amount of fiber, magnesium and potassium in your diet.”

Digestive health is becoming a priority concern of men and women nationwide. The National Digestive Diseases Information Clearinghouse reported that less than 50 percent of adults in the U.S. consume a sufficient amount of fiber each day. Now more than

ever, it is important to realize that digestion plays a significant role in your overall immunity and health.

Additional features on [www.SmartDigestiveHealth.com](http://www.SmartDigestiveHealth.com) include consumer education tools on the gastrointestinal tract, an overview of common digestive disorders, frequently asked questions about digestive health issues, and simple dietary solutions that help to achieve digestive health and overall well-being. Plus, visitors to the site have a chance to win a \$100 Visa® Gift Card and can request a PlumSmart coupon after completing a fun, interactive quiz.

PlumSmart, 100 percent juice, available at grocery stores nationwide, is a clear, crisp, all-natural juice that contains nutrients such as fiber, magnesium and potassium, which work together to keep the digestive tract in balance and regular. For more information, go to [www.PlumSmart.net](http://www.PlumSmart.net).

### Four Easy Tips to Achieve Digestive Health

Start with these easy steps to better digestive health, and visit [www.SmartDigestiveHealth.com](http://www.SmartDigestiveHealth.com) for more tips and tools.

- 1) Eat more fiber-rich foods.** Fiber promotes digestive health. Crisp-tasting PlumSmart plum juice contains 3 grams of fiber per cup.
- 2) Keep the water flowing.** Whether you’re drinking water, fruit juices or getting fluids from the fresh fruits and vegetables in your diet, they all count toward the recommended 8 glasses of water per day.
- 3) Keep moving.** Regular physical activity not only revs up your metabolism, it helps promote digestive health by keeping you “regular.”
- 4) Take five.** Soothe away stress before it gets you by listening to calming music or simply phoning a friend to catch up.

