



# spotlight on health

## Celebrate Good Cheer *And* Good Digestion This Holiday Season

(NAPSA)—For most people, the holidays are filled with parties and celebrations with families and friends. But if you are like many Americans, a holiday party doesn't leave you feeling just festive—it could lead to some uncomfortable digestive issues, too.

“This is the season when people tend to overindulge in foods that contain too much fat and sugar and lack fiber, and alcohol, which can dehydrate,” says registered dietitian Pat Baird. “That, along with lack of exercise, can lead to digestive problems, including occasional constipation.”

### **Holiday Health**

Baird says she sees an increase in patients during the holiday season, particularly those suffering from occasional constipation. She counsels patients to limit alcohol, drink plenty of water and make slight lifestyle changes, so they are less likely to binge on high-fat and high-sugar foods that can affect digestive health. Healthy eating habits and regular exercise are the best ways to prevent occasional constipation, but sometimes a little extra help may be needed if constipation occurs.

In such instances, Baird suggests using a gentle product such as Senokot® Tablets. The tablets contain a natural vegetable laxative ingredient that provides overnight relief from occasional constipation.

She offers these additional tips as well:



**A holiday party doesn't always leave you feeling festive—it can lead to some uncomfortable digestive issues, too.**

- **Unwind As You Unwrap**—Shopping, budgeting and hosting family and friends can cause stress levels to surge, which can contribute to occasional constipation and indigestion. Find ways to relax each day, whether it's reading a magazine, taking a walk, or doing yoga or meditation.

- **Move And Be Merry**—Squeezing some exercise into your busy holiday schedule could pay dividends. “Exercise, including dancing, can improve digestive health and helps you avoid the dreaded holiday weight gain,” says Baird. “And it can also help improve your mood.”

- **Spice It Up**—Adding a few herbs and spices such as fennel or parsley to your holiday menu can help you avoid the splurging on mashed potatoes, cheeses and pies, and can help aid digestion.

For more information and tips, visit [www.getconstipationrelief.com](http://www.getconstipationrelief.com).