

# TIPS ON TRIPS

## Comfortably On The Road Again

(NAPSA)—If you're like most summer traveler...there's probably a very important item you're forgetting to pack. Because travelers tend to be off their routine, perhaps not getting enough exercise and eating different types of foods, they could experience an occasional bout of constipation.

You don't have to be embarrassed. Over 4 million Americans suffer from constipation each year, accounting for 2.5 million physician visits.\* Despite these high numbers, most travelers worry about the weather and what they might forget to pack, never preparing for occasional constipation during a trip.

Many vacationers are not very concerned about portion size and overeating—including high-fat dips, fried foods, cheese and even alcohol consumption—which can lead to constipation.

Best-selling author and international travel expert Joel Widzer cites digestive health issues, including constipation, as key vacation killers. "I try to prepare travelers for every eventuality, and dietary issues are always a top concern," he explains. "Even once they've arrived safely at their destination, people often throw caution to the wind and don't prepare for different cuisines and local foods. I always suggest they bring along a laxative to be on the safe side."

It's important to keep your digestive system on track all year long, not just on vacation. Most dietitians recommend incorporat-



**You can have the sun and the fun of trying new cuisine on your next vacation without suffering the consequences if you prepare properly.**

ing plenty of high-fiber foods into meals, drinking lots of water and making sure to get adequate exercise to promote bowel regularity.

There is a wide array of digestive health products out there to offer relief, and you need to make sure to bring along the one that's right for you.

"I recommend Senokot® Tablets. It's a gentle and effective laxative tablet that provides overnight relief from occasional constipation," says Widzer. "Senokot® Tablets contain the natural vegetable laxative ingredient proven effective in over 50 clinical studies." The 20-pack is convenient and easy to travel with.

You can log on to [www.getconstipationrelief.com](http://www.getconstipationrelief.com) for more information about ways to relieve constipation, healthy recipes and exercise tips.

\* Constipation. July 2007. Retrieved April 27, 2009 from National Institute of Diabetes and Digestive and Kidney Diseases Web site <http://diagnostic.niddk.nih.gov/diseases/pubs/constipation/>.