



WOMEN'S HEALTH

Looking Good And Feeling Great

(NAPSA)—Between work, family and home life, it's no surprise that today's women often feel fatigued, anxious and occasionally overwhelmed.

Let's face it, with all that goes on in women's daily lives, it seems almost impossible to de-stress. However, according to health expert Dr. Donnica Moore, a frequent and in-demand nationwide speaker on women's health who has done more than 200 women's health television segments, it's a must.

"Self-care is often overlooked," notes Dr. Moore. "But the truth is this—the most important thing women can do to feel good and look great is to resolve to take better care of themselves." Suggested tips include:

- **Get enough sleep.** Many Americans suffer from a lack of sleep, and often try to get more done by staying up later. "If you get less sleep on a regular basis, you'll begin to experience more stress and be less able to cope with the ups and downs of everyday life," notes Dr. Moore. Instead, she advises making a good night's rest a priority so that you have the energy to handle anything that comes your way.

- **Make time for exercise.** Take daily walks, visit the gym, opt for the stairs instead of the elevator or engage in outdoor activities with your children. Even moderate exercise can help improve your well-being and give you a mental lift.

- **Eat a balanced diet with more fiber and less fat.** The American Dietetic Association recommends 20 to 35 grams of fiber



every day and keeping fat intake to no more than 30 percent of your total calories. Add fresh fruit to your morning cereal; enjoy a cup of hearty vegetable soup along with your sandwich at lunch; have a salad with your dinner.

- **Listen to your body.** Take care of common health problems, especially those that affect your digestive tract, such as constipation. "If you're constipated, it's fine to use a stimulant laxative such as Dulcolax to help nature take its course," notes Dr. Moore.

- **Be aware of lifestyle changes—and their potential effect on your everyday health.** The "Dulcolax Guide for Healthy Living" addresses the very real link between a woman's lifestyle and her well-being. Common health problems such as constipation can occur any time your routine or eating habits are disrupted, and women should take action by becoming aware of the things they are doing or not doing to alleviate their symptoms.

For a copy of the "Dulcolax Guide for Healthy Living," please visit www.dulcolax.com.