



spotlight on health

Relax: It's Good For Your Digestion

(NAPS)—You can add yet another item to the already long list of reasons it's important to relax—digestive health.

The role of stress is widely known to disrupt the digestive system and doctors say that plenty of overworked, overtired people find themselves constipated simply because they can't unwind, especially in today's tough economic climate.

"The first question I ask clients who are constipated is 'What can you delegate?'" says D. Milton Stokes, MPH, RD, CDN, a registered dietitian. "All too often, people try to take on too much—especially at work, where office pressures cause people to delay going to the bathroom. That worsens constipation."

Of course, if your idea of reducing stress involves taking a much-needed vacation or hitting a few social gatherings or parties, be sure to keep an eye on what you eat. Overeating—especially if you're indulging in high-fat dips, fried foods, cheese and even cocktails—can lead to constipation.

Smart Solutions

Dietitians often counsel clients on making simple lifestyle changes to improve their digestive health, but there may be times when a laxative is needed. In those cases, Stokes suggests using a gentle product such as Senokot® Tablets to provide relief. The tablets contain a natural vegetable laxative ingredient that provides overnight relief from occasional constipation. Still, it's important to also know what might trigger constipation. Stokes offers these tips:



Reducing stress could improve digestive health.

- "Diet is probably the most common contributor to constipation that I see with my clients. Portions have ballooned, people eat out more, and now more meals come from quick-service restaurants," says Stokes. He suggests incorporating plenty of high-fiber vegetables into meals and drinking lots of water.

- Too little exercise ranks as the second-most-common cause of constipation among Stokes' clients. "Exercise helps promote bowel regularity while inactivity aggravates it," he explains. "Individuals who lack adequate exercise are more prone to constipation."

- Prescription medications—including certain pain medicines, antidepressants, iron supplements and antacids—can cause constipation. "After surgery, patients are usually restricted to bed rest and minimal food and fluids. Couple that with pain medication and constipation is assured," says Stokes. "For these instances, I recommend Senokot-S® Tablets, which include a stool softener."

For more information and savings, visit www.getconstipationrelief.com.