

# Strategies For Surviving The Holidays

(NAPSA)—You are what you eat, as the old saying goes, and that's seldom truer than around the holidays—when big eating occasions can take their toll, leaving you feeling bloated, heavy and unenergetic.

“The stress associated with the holidays coupled with a less than ideal diet rich in high-fat foods and low in fiber can wreak havoc on your system,” notes Dr. Donnica Moore, a leading women's health expert, columnist and TV personality. “As a result, many people experience common health problems such as bloating, gas and constipation throughout the holiday season.”

Holiday revelers take comfort. If you suffer from constipation during the holidays or any other time during the year, you're not alone. According to the National Institutes of Health, about 4.5 million Americans suffer from it on an ongoing basis. It's also more common in women than men, and is more common among older people.

How to cope—and keep from gaining those extra holiday pounds? Dr. Moore offers the following tips to help keep people feeling and looking their best.

**Stay hydrated.** Drink more water—about eight glasses a day. Water and juice add fluid to the colon and bulk to stools, helping to make bowel movements softer and easier to pass. And beware of liquids containing caffeine. They may have a dehydrating effect.

**Walk it off.** Take daily walks, whatever the weather. The colon responds to activity; people who exercise regularly rarely complain about constipation.

**Give nature a boost.** While diet and exercise play an important role in relation to constipation, it's fine to use a stimulant laxative such as Dulcolax to help nature take its course from time to time. Safe, gentle, and effective, stimulant laxatives work by causing rhythmic muscle contractions in the intestines. Dulcolax tablets



## Holiday eating can cause changes in bodily functions.

are specially coated so their active ingredient is released only in the large intestine, where it stimulates the bowel muscles to relieve constipation.

**Get more fiber into your daily diet.** The American Dietetic Association recommends 20 to 35 grams of fiber every day. Start your day with a glass of juice and a bowl of cereal with fresh fruit; sip a cup of vegetable soup along with your sandwich at lunch; pack an extra piece of fruit to take to class or work as a mid-afternoon snack.

**Be aware of lifestyle changes.** Constipation can occur any time your routine or eating habits are disrupted, and the holidays are no exception.

**Learn more.** Talk with friends and family to find out what works for them in terms of relieving their constipation. According to a recent survey by Dulcolax, four out of 10 women think more people *should* talk about constipation.

“Sharing information with family and friends is the best way to learn about effective treatments,” agrees Dr. Moore. “It's also nice to know that you are not alone in the experience.”

For more information about constipation, people can visit [www.dulcolax.com](http://www.dulcolax.com).