

## Tips To Promote Digestive Health

(NAPSA)—Many people may avoid suffering from a variety of digestive disorders, such as lactose intolerance, food allergies and IBS. Better digestive health may be as easy as following some simple suggestions:

**1. Maintain a healthy diet and avoid overeating.** Note whether certain foods, such as milk/dairy products, chocolate, carbonated drinks, alcohol, caffeine and fatty foods, upset your stomach.

**2. Eat lots of fiber.** A healthier diet naturally includes vegetables, fruits, whole grain cereal, nuts, whole wheat bread and popcorn. Don't eat too many refined and processed foods from which the natural fiber has been removed.

On the other hand, you may want to avoid any foods that give you gas—broccoli, baked beans, cauliflower.

If you don't get the 20 to 35 grams of daily fiber recommended by the American Dietetic Association, you can take a soluble fiber supplement, which dissolves in water.

**3. Drink plenty of water.** It helps absorb vitamins and lubricates the digestive tract.

**4. Exercise regularly.** Start out by walking. It's good for both your body and your mind.

**5. Find healthy ways to minimize stress.** Yoga, meditation, a soothing bubble bath or reading a good book can help you relax and cope with stress.

**6. See your doctor if symptoms persist.** Nearly 60 million Americans suffer from Irritable Bowel Syndrome or IBS, a condition in which the



**Eating healthy, getting plenty of exercise and taking your doctor's advice can help keep your digestive system on track.**

gastrointestinal system does not function properly. IBS affects more women than men—with symptoms ranging from mild to severe abdominal pain, cramping, bloating, gas, constipation and diarrhea.

While there is no cure for IBS, there are effective treatment options.

**7. Ask your pharmacist.** Digestive Advantage Irritable Bowel Syndrome, a once-daily, over-the-counter probiotic, has been proven effective in providing relief for people who suffer with IBS. Classified as a medical food, it contains a patented strain of healthy bacteria also known as probiotics.

For more information or a free sample, you can visit [www.digestiveadvantage.com](http://www.digestiveadvantage.com) or call (800) 456-0276.