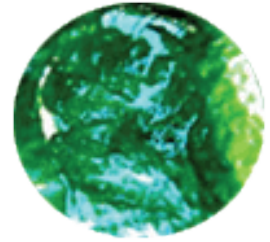


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Solutions to post-holiday bulge and bloat!

Oh dear! I suspect many of you will know this feeling all too well! You return from a wonderful time sampling the delights of holiday cuisine and cellar only to wish that maybe you had not indulged quite so readily after all! It is so easy with the change of routine holidays inevitably bring to find yourself a few pounds heavier, skirts and trousers tighter around the waist and feeling distinctly uncomfortable! Other post-holiday horrors can include excess bloating and wind, constipation and/or diarrhoea, sluggishness, tummy cramps..... need I go on? Regrets are all very well but what can be done about it and how can further discomfort be prevented in the future? Here are some ideas:

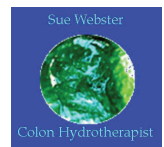
- Try to isolate any particular foods that always seem to upset you. Common foods to cause constipation and bloating for example are bread and pasta, but other, less well-known foods that cause upset digestion include onions, lettuce and even fruit! Just because it is good for you doesn't always make it good for YOU! Avoid the foods that upset you for at least a month. Do you feel different? If so, keep these foods to a minimum for health and comfort.
- Ask yourself if you have a tendency to over indulge in sweet food: chocolate, cakes etc. Also do you drink alcohol on a daily basis or tend to binge drink at weekends? You may have an over-growth of yeast in your digestive tract. Yeasts love sugar and will make you crave it as a consequence. Try to really cut down on sugar consumption if this is your problem. Take a supplement of the mineral chromium for a while to help; chromium is very important in maintaining blood sugar at optimum levels. Few of us get enough in our diet.
- A fragile and depleted colon/small intestine will not be able to deal with difficult things to digest like wheat and dairy. Generally speaking difficulties with digesting dairy result in diarrhoea and nasty smelling wind whereas difficulties with wheat result in constipation and bloating. Leaving off foods containing these irritants can provide considerable relief. If in doubt you could book to have some allergy testing which will confirm any entrenched problems with food intolerances.

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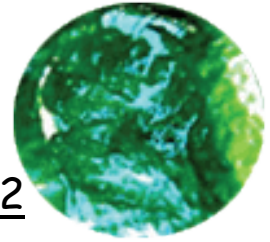


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Anyone who suffers any digestive complaints will undoubtedly have an imbalance in their digestive flora: this is the 'friendly bacteria' we all hear so much about in the media these days. It is exceptionally important BUT please don't think consuming commercial 'probiotic' drinks will do anything for you at all! These products are over-priced and full of preservatives, sugar and artificial sweetener that will *kill off* any good flora you might have. Much better are the probiotic capsules you can buy in a reputable health food shop (again, not in the supermarkets - poor quality!). If in doubt, give Sue a call for recommended brands.

Finally, you could have a colonic! Ah, that feels much better!

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