



MyHealthTM Newsletter

DIGESTIVE HEALTH

The holiday season is fast approaching; that means indulging in festive treats, spirits and large feasts. For individuals with digestive concerns, the mix of holiday stress, as well as consuming not-so-healthy food can lead to bloating, heartburn, upset stomach, constipation, diarrhea, and gas.

In order to keep the digestive system working properly, it's important to manage current digestive disorders, eat well, and manage stress.

Here are some tips to help you avoid digestive trouble during the holiday season:

Keep Up with Your Exercise Routine

Exercise is a great digestion aid. Continue to exercise regularly through the holiday season to maintain a healthy weight and manage stress levels.

After a heavy meal, get active and go for a walk. Lying down can make stomach acids travel up the esophagus and cause heartburn.

Eat and Drink Consciously

Eat snacks throughout the day that include fibre; it can help you feel full for a longer time. When sitting down to a large meal, eat lean proteins and fill your plate with lots of vegetables.

Eating a variety of fruits, vegetables, lean protein, low-fat dairy, and whole grains will prevent constipation and indigestion. Stay hydrated throughout the day by drinking water.

Minimize Stress

Reduce stress levels during the holidays by being organized, sticking to your routines and asking for support when you need it.

Before shopping, set a budget and stick to it. Make a list of all the tasks to do or events to attend and don't be afraid to say no to tasks or events that you can't accomplish.

Keeping up with regular sleeping, eating, and exercise schedules will also help manage stress levels.

Most importantly, if you're feeling overwhelmed, ask for help from friends, family or your health care team.

Your Remedy'sRx pharmacist can support your digestive health by recommending relief options for digestive concerns including indigestion, nausea, constipation, and diarrhea. Your pharmacist is available to review the vitamins or probiotics that are right for you and even provide screening and referrals for mental health support.

From all of us at Remedy'sRx, we wish you a happy, healthy holiday!

The contents herein are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.