

lifelax

your bowel and
constipation

*diet and lifestyle in the
management of constipation*





A **healthy bowel** is home to around 100, 000, 000, 000, 000 bacteria!

As we get older it is harder to maintain our **'friendly' bacteria**.

The **'friendly' bacteria** have an important role in maintaining the health of your bowel, such as:

- Producing acids to stimulate the movement of food through the digestive system.
- Breaking down food.
- Producing nutrients.



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Eating fibre gives the ‘friendly’ bacteria food to digest.

Some yoghurts and milky drinks contain ‘friendly bacteria’ to help restore the balance of bowel bacteria, improve your bowel health and function.

These yoghurts and drinks can be found in the chilled areas of the supermarket.

These are usually dairy products and may be unsuitable if you have a dairy intolerance, check with your GP.

Remember you can help your constipation by:

- Being more active: remember to drink more.
- Drinking plenty of fluid: about 8-10 cups per day – try soft drinks and not too much strong tea or coffee.
- Eating more fibre rich foods such as wholegrain breads, cereals and porridge: remember to drink plenty.



- Eating more fruit and vegetables.
- Listening to your body: go to the toilet when it tells you to and leave enough time for toileting.

You may find you have some bloating and wind at first – but as your bowel becomes used to the extra fibre this will settle down.

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