

# How to combat over-indulgence!

Whether you are regularly pigging out on take-aways, rich food or alcohol, or you just have the occasional lapse, you can often get that 'morning-after-the-night-before' feeling. Perhaps you are a 'weekend warrior' that behaves all week only to blow it all at the weekend! Whatever the circumstances, for a great many of us these indulgences usually lead to one thing – uncomfortable and often painful digestive complaints such as indigestion, heartburn, upset stomach and even wind. It can keep people awake at night feeling quite sick.

***Why does pleasure have to come at a price?***

Read on for our top tips on how to help yourself and get your digestion back on track!.....



# TEN TOP TIPS

*to keep your digestion moving smoothly!*

**1** It's important to understand that reactions to food can vary significantly between individuals. However, some foods and drinks can encourage irritation in the digestive system especially when eaten or drunk in excess. Common culprits are alcohol, strong spices, refined foods or those high in saturated fat or sugar. It is also important not to eat too late in the evening, as you will be setting yourself up for trouble during the night.

**2** Increase your intake of fruit and vegetables, which are easy to digest and are an excellent source of antioxidants. They protect the liver from free radical damage. Fruits and vegetables that are particularly good include artichoke, beetroot, broccoli, cabbage, garlic, leeks, onions, parsley, watercress, apples, pears, apricots, berries, grapes, oranges and watermelon. Ideally fruit and vegetables should be organic to avoid pesticides.

**3** Cut down on alcoholic drinks. It seems an obvious one but it is not just food that we over-indulge on! If you find yourself out on a 'bender' try alternating every alcoholic drink you have with a soft drink or water.

**4** If you often feel bloated after meals generally, then a digestive enzyme taken just before a meal may help.

**5** Lecithin is an essential component of bile, which is produced in the liver and stored in the gallbladder. It helps to break down fats and is therefore an important nutrient for the digestive system. You can use lecithin granules sprinkled over cereals or stirred into juices and soups or it is found in eggs, cauliflower and oranges.

**6** If you think you might have food intolerances and your symptoms are not just linked to over-indulgence then it is worth having a Food Intolerance Test

**7** Frequent intake of alcohol, highly spiced or sugary foods can upset the delicate balance of gut bacteria. Taking a good daily probiotic will help to re-dress the balance

**8** Ginger is known to calm the digestive system as does aloe vera which specifically helps to maintain bowel regularity

*Did you know?  
Milk Thistle has been traditionally used for various digestive complaints for over 2,000 years.*

**9** Exercise is important to keep everything regular, improve liver function and can also help with weight loss and stress – all important for good digestion

**10** If you think stress is a factor in your digestive problems or possibly a trigger to your over-indulgences, then finding specific relaxation techniques such as yoga, Tai Chi or meditation can be hugely beneficial

**Milk Thistle** is a well known herb in the UK and is used by people for occasional over-indulgences of food and drink particularly at certain times of year.

**Traditionally used for:**

- ✓ Over-indulgence
- ✓ Upset stomach

✓ Indigestion

## Milk Thistle

### *Traditional Herbal Remedy*

### *For occasional over indulgence*

- Milk Thistle is a traditional herbal medicinal product used to relieve the symptoms associated with occasional over-indulgence of drink and food, exclusively based upon long-standing use as a traditional remedy only
- Also used for indigestion and an upset stomach
- Symptoms are commonly associated with 'the morning after'.
- Milk Thistle has long been used for digestive health
- Not suitable if under 18 years, pregnant or breastfeeding. Consult your doctor if you have active liver disease



**Always read the label.**

### **One capsule typically provides:**

193mg-261mg Milk Thistle standardised fruit extract [corresponding to 108mg of silymarin, calculated as silibinin (silybin)].

### **Dosage:**

Take 1 capsule up to twice daily (adults and elderly).

**Free from:** Corn, Soya, Wheat, Gluten, Lactose, Yeast.\*

\*According to information supplied by the THR Licence Holder.



THR23056/0010