



CELEBRATE WORLD DIGESTIVE HEALTH DAY BY TAKING CHARGE OF YOUR GUT HEALTH! WORLD DIGESTIVE HEALTH DAY | MAY 29

**WORLD
DIGESTIVE
HEALTH DAY**
29 MAY

Every year on May 29th, we celebrate World Digestive Health Day, a chance to focus on the importance of a healthy digestive system. This year's theme, "Your Digestive Health: Make It a Priority," reminds us that taking care of our gut is crucial for overall well-being.

Why is Digestive Health Important?

Your digestive system is a complex network responsible for breaking down food, absorbing nutrients and eliminating waste. When it's functioning properly, you feel energized and healthy. However, digestive issues like heartburn, bloating, constipation or diarrhoea can significantly impact your quality of life.

Common Digestive Problems:

- **Irritable Bowel Syndrome (IBS):** This chronic condition causes abdominal pain, cramps, bloating, and diarrhoea or constipation.
- **Gastroesophageal Reflux Disease (GERD):** Stomach acid backs up into the oesophagus, leading to heartburn, chest pain and difficulty swallowing.
- **Constipation:** Difficulty passing stools is a common problem, often caused by dehydration, lack of fibre or certain medications.
- **Diarrhoea:** Frequent loose stools can be caused by a variety of factors, including infection, food intolerance or stress.

Lifestyle Tips for a Happy Gut:

- **Eat a Balanced Diet:** Focus on fruits, vegetables, whole grains and lean protein. Limit processed foods, sugary drinks and unhealthy fats.
- **Stay Hydrated:** Drinking plenty of water helps your digestive system function smoothly. Aim for eight glasses of water daily.



- **Manage Stress:** Chronic stress can wreak havoc on your gut. Find healthy ways to manage stress, such as exercise, meditation or yoga.
- **Fibre Up:** Fibre keeps you feeling full and helps regulate bowel movements. Aim for 25-35 grams of fibre daily.
- **Mindful Eating:** Slow down, chew your food thoroughly and avoid distractions while eating. This promotes better digestion.
- **Get Moving:** Regular exercise promotes gut health and helps manage weight, reducing the risk of digestive problems.

Don't Ignore Your Gut!

Don't Let Your Gut Get You Down: Celebrate World Digestive Health Day with Neotia Mediplus! If you experience persistent digestive issues, don't hesitate to seek professional help. At Neotia Mediplus, our team of experienced gastroenterologists can diagnose your condition and develop a treatment plan to get your gut back on track. With state of the art diagnostics and expert gastroenterologists and nutritionists **we remain committed to helping you achieve optimal digestive health. Contact us today to schedule an appointment!**