



high contents of fructose. You do not have to avoid fruit, but you can reduce the quantity of fruit. Sorbitol, xylitol and mannitol that are used as a sugar substitutes in chewing gum and pastilles can cause flatulence. Sorbitol is also found naturally in some fruit like cherries, peaches, apples and pears.

A fibre rich diet can cause more flatulence. Here you will have to reduce the amount of fibres in your food. Gas can also be a result of constipation and hard stools, and in these cases eating a more fibre rich diet can help. HUSK® is well suited for normalising varying bowel movements and diarrhoea and the effect is well documented.

#### FLATULENCE AND WATERY STOOL

If the symptoms are gas and watery stool without constipation, a fibre rich diet may worsen the problem. In this case it is a good idea to reduce the amount of coarse bread, fruit and vegetables. An even distribution of meals is a good idea. Coffee can increase rumbling, flatulence and watery stool. HUSK® has proven to have a beneficial effect.

#### QUENCH YOUR THIRST IN WATER

The body's total need of fluid is 1.5-2 litres every day. More fibres require extra fluid, as the fibres bind fluid in the intestines. If you eat a lot of fibres without sufficient fluids, you can get constipated. It is best to avoid sugary drinks. Choose water, mineral water and lean milk products. Tea and coffee also count as fluid.

#### BE PHYSICALLY ACTIVE - AT LEAST 30 MINUTES A DAY

Exercise is important to your weight and general well-being, but also to the normal function of your bowel. All types of exercise are recommended.

#### HUSK®-FIBRES

HUSK® is Psyllium husks, also known as Ispaghula husks. HUSK® is a natural fibre, relieving constipation, irritable bowel syndrome (IBS) and diarrhoea. Furthermore HUSK® lowers the cholesterol levels of the blood.

HUSK® has been used for many years and is non-habit-forming to the bowel. Therefore HUSK® will not result in "slow" bowel movements. The husks form a gelatinous mass easing stool passage through the intestines.

#### HUSK® SUPPLEMENT

HUSK® can be taken as a daily fibre supplement and is available in both capsules and as powder. HUSK® can be stirred in water or juice, or you can sprinkle HUSK® on soured milk products or mix it in your porridge or bread. 2-3 teaspoons twice a day or 6-10 capsules twice a day is normally enough. It is important to drink one to two glasses of water after taking HUSK®.

In Denmark you can buy HUSK® at the pharmacy, in Matas, in health shops and the supermarket.



#### HUSK PRODUCTS

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# HUSK®

Your daily fibres  
advice on nutrition and lifestyle



By clinical dietician Mette Borre



### STOMACH PROBLEMS

Stomach problems in the form of constipation or irritable bowel syndrome (IBS) can be very disturbing and many people suffer from it, chronically or for periods of time.

Constipation is hard and lumpy stool, typically infrequent with several days apart. In most people the condition is due to insufficient fibre or fluid intake, and/or lack of exercise.

Irritable bowel syndrome (IBS) is usually varying bowel movements. The symptoms are flatulence, severe stomach pains and stomach rumbling and constipation, varying with diarrhoea or normal stool. The cause of IBS is unknown. Many are told they will have to learn to live with the condition and they go through periods of time where the symptoms intensify, for instance during stressful periods.

### CONSTIPATION

Constipation can often be eased by eating more fibres. Fibres are found in rye bread, coarse crispbread and coarse bread, oats, pasta, rice, bulgur, potatoes, vegetables, fruit and nuts, as well as in some husks like HUSK® (85 % fibre). Rye bread and rye crispbread have the highest fibre content. Oatmeal or rye flakes are also good fibre sources. The fibre content in bread can vary, but if you look for the "wholemeal logo", the bread will contain quite a lot of whole or processed kernels and therefore have higher fibre content.

Potatoes, rice and pasta all contain fibres. Wholemeal pasta and brown rice have higher fibre content than ordinary pasta and white rice. Bulgur, pearl barley or pearled rye can be used as a variation to pasta and potatoes.

Fruit and vegetables provide vitamins and minerals, as well as fibres and it is recommended to eat 600 g

fruit and vegetables a day. Vegetables can be eaten raw, but can also be boiled or baked in the oven or used as an ingredient in soup. The vegetables with the highest fibre content are cauliflower, brussels sprouts, cabbage, red cabbage, broccoli, carrots, parsnip, celeriac, leeks, onions, peas and green beans. Different types of fruit should be eaten every day. Fibres are also found in dried fruit, preserved fruit and stewed fruit.

### FIBRES' EFFECT ON CONSTIPATION

Increasing your fibre intake will usually give you more regular bowel movements. This is due to the fibres binding fluids, thereby softening the stool, stimulating the bowel movements, and helping the stool pass faster through the intestines. Fibres increase the amount of useful bacteria in the large intestine. All this is beneficial when you suffer from constipation. A daily supplement of HUSK® can relieve constipation and prevent new episodes.

### FIBRES ARE GOOD FOR YOU

Food with high fibre content is also good in other ways. Whole grain bread, vegetables and fruit supply us with a variety of vitamins and minerals; they are low on fat and sugar and they give you a sense of fullness.

### IRRITABLE BOWEL SYNDROME (IBS)

Many find that the food they eat is the cause of their problems or cause the symptoms to intensify. Some try to avoid specific food and drinks, such as fatty foods, wheat, milk, sugar, food causing flatulence, coffee and alcohol, and they eat little meals instead of large meals. However, there are no guarantees that these changes in diet will improve the condition. Although the exclusion of certain foods

will relieve the symptoms, it is a good idea after some months to eat a normal diet again, to see if the symptoms return. Very restrictive diets are not recommended and can be damaging, as you risk living of a one-sided diet.

### IRRITABLE BOWEL SYNDROME WITH VARYING BOWEL MOVEMENT AND EXCESSIVE FLATULENCE

If you have varying bowel movements, i.e. constipation and/or watery stools, stomach pains and excessive flatulence, it may help reducing the amount of "windy" foods".

Vegetables like onions, garlic, cabbage, legumes (peas, green beans, and brown and white beans) and celeriac can cause flatulence due to the high fibre content. Fruit like raisins, prunes and apricots can cause watery stool and increased flatulence. Some experience that fructose - sugar from fruit - also causes increased flatulence. Especially apples, pears, cherries, dates and oranges have

