



## Love your microbes this Valentine's Day

Even though you can't see them, trillions of microorganisms call your digestive tract home. Known as your gut microbiota, this ecosystem is critical to your health. Your microbiota community helps you digest food, fight disease and stay healthy.

This Valentine's Day, show the tiny Super Heroes who protect your health by showing them some extra love. We can help you understand how prebiotics and probiotics benefit your health for the best Valentine's Day yet.

[Learn more now](#)

### Living with constipation? Time to get things moving!

#### UNDERSTANDING CONSTIPATION

Get the scoop on your poop!



**Constipation is common but it is not normal.** It's comforting to know that in most cases, it can be successfully prevented or treated.

### Tummy Tip: Fibre up!



One way to keep your digestive tract in tip-top shape and get your bowels moving is ensuring that you are getting the right amount of fibre -- everyday.

If you are experiencing occasional constipation, review your diet and lifestyle.

Are you:

- **Being active?**
- **Managing your stress level?**
- **Staying hydrated?**

If you don't find relief with good lifestyle habits, talk to a pharmacist about:

- **Laxatives**
- **Bulking agents**
- **Suppositories**
- **Enemas**

If you've done everything you can but are still struggling, you could have **chronic constipation** and may need to see a doctor about finding a solution that works for you.

The CDHF has created an animation to help you understand how to prevent, treat and find relief from occasional constipation.

[Watch it now](#)

Fibre offers many health benefits including:

- **Preventing disease**
- **Supporting healthy weight loss**
- **Controlling blood sugar levels**
- **Lowering cholesterol**
- **Supporting a healthy bowel (may lower risk of developing hemorrhoids and diverticular disease)**

Most of us only get about half the daily recommended amount of fibre but upping your intake is probably easier than you think. Try eating more:

- **Vegetables and fruits (with the skin on)**
- **Whole-grains and cereals**
- **Legumes, beans and peas**
- **Nuts and seeds**

Watch our new educational video for tips to help you feed your fibre-famished gut!

[Watch now](#)

**Preventing & Treating Hemorrhoids**

**Exercise**  
Moderate exercise is good for your heart, bones, muscles, mental health, and can help stimulate bowel function to reduce the risk of hemorrhoids.

**Cold Compress**  
Applying an ice pack to the anal area on and off for 10-15 minutes, 5 times a day may reduce swelling.

**Increase Fibre**  
Aim to eat 30 grams of fibre each day with adequate, non-caffeinated fluids to help soften stools and make them easier to pass.

**Sitz Baths**  
A warm, 20 minute sitz bath after a bowel movement can relieve itching, irritation and spasms.

**Hemorrhoid Care**  
Try to avoid rubbing the anal area. Clean the anus with a piece of moist toilet paper and gently pat dry.

**Topical Relief**  
Hemorrhoid creams containing hydrocortisone or witch hazel provide soothing, temporary relief from pain and itching.

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Understand so you can live positively with Hemorrhoids

Hunter's Colic • Colic • Colitis • Crohn's Disease • Constipation • Celiac Disease • Diverticular Disease • Dyspepsia • Gall Infections • Esophageal Cancer • GERD • Inflammatory Bowel Disease (IBD) • Irritable Bowel Syndrome (IBS) • Lactose Intolerance • Pancreatitis • Peptic Ulcers • Ulcerative Colitis • Traveler's Diarrhea • Celiac Disease • Colon Cancer • Constipation

## NEW Hemorrhoids Guide

If you have hemorrhoids, you are not alone. This often painful, irritating and uncomfortable rectal disorder is common. Between 60 - 70% of Canadians will develop hemorrhoids at some point in their lives. If you are affected, you need to know that you can find relief. Pressure on the anus can increase the likelihood of developing or worsening hemorrhoids. To minimize the risk, remember these tips:

- **Don't "hold it"**. When you feel you need to have a bowel movement, have one, don't hold it. Also avoid prolonged sitting or reading on the toilet.

Download this infographic  
and more from

**Pinterest @CDHFdn**

- **Be active.** Don't sit or stand for long periods of time.
- **Breath.** Be careful not to hold your breath while lifting heavy objects.

**[Learn even more tips now](#)**

## **Love someone's tummy this Valentine's Day!**

The Canadian Digestive Health Foundation is a charity. We work hard to bring you expert advice on digestive disorders and protecting your gut health. We rely on donations from the public to support our educational initiatives, improve quality of life, enhance education, and fund important research.

This Valentine's Day, love your special someone's tummy by making a [tax deductible donation](#) to the CDHF in their honour. Indicate the name and email of the individual and we will send them a special **Valentine's e-card!**

**Please Donate Now.**

**Thank you and Happy Valentine's Day!**



Canadian Digestive Health Foundation | 905.847.2002 | [info@CDHF.ca](mailto:info@CDHF.ca) | [www.CDHF.ca](http://www.CDHF.ca)



**UNDERSTAND. TAKE CONTROL. LIVE BETTER.**  
Helping you take control of your digestive health with confidence & optimism.

**DONATE  
TODAY**