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found in MiraLax and GlycoLax, which pulls water into the bowel, adding moisture to stool so it passes more easily. Take one heaping teaspoon daily, dissolved in water, for as long as symptoms persist.

Consider prescription medication if nonprescription laxatives don't help. The drug *lubiprostone* (Ami-tiza) increases secretion of fluid in the intestines, making it easier to pass stool. Side effects may include nausea, diarrhea and headache. *Caution:* This drug has not been studied in women who are pregnant.

For diarrhea...

Take a nonprescription diarrhea drug. I recommend Imodium Advanced, which combines *loperamide* (the active ingredient in regular Imodium) with *simethicone*, a gas-reducer. The label says to take two tablets at the first sign of diarrhea plus one tablet after each loose stool. If that does not help, ask your doctor if you should try a higher dosage.

Try fiber. Take one teaspoon of psyllium. If diarrhea improves within 24 hours, continue taking psyllium daily. If symptoms worsen after you take the one-teaspoon dose, try a half-teaspoon the next day. If diarrhea again worsens or gets no better, discontinue use.

For additional symptoms...

Ease pain. Take over-the-counter or prescription pain medication...or one or two enteric-coated peppermint oil capsules three times daily.

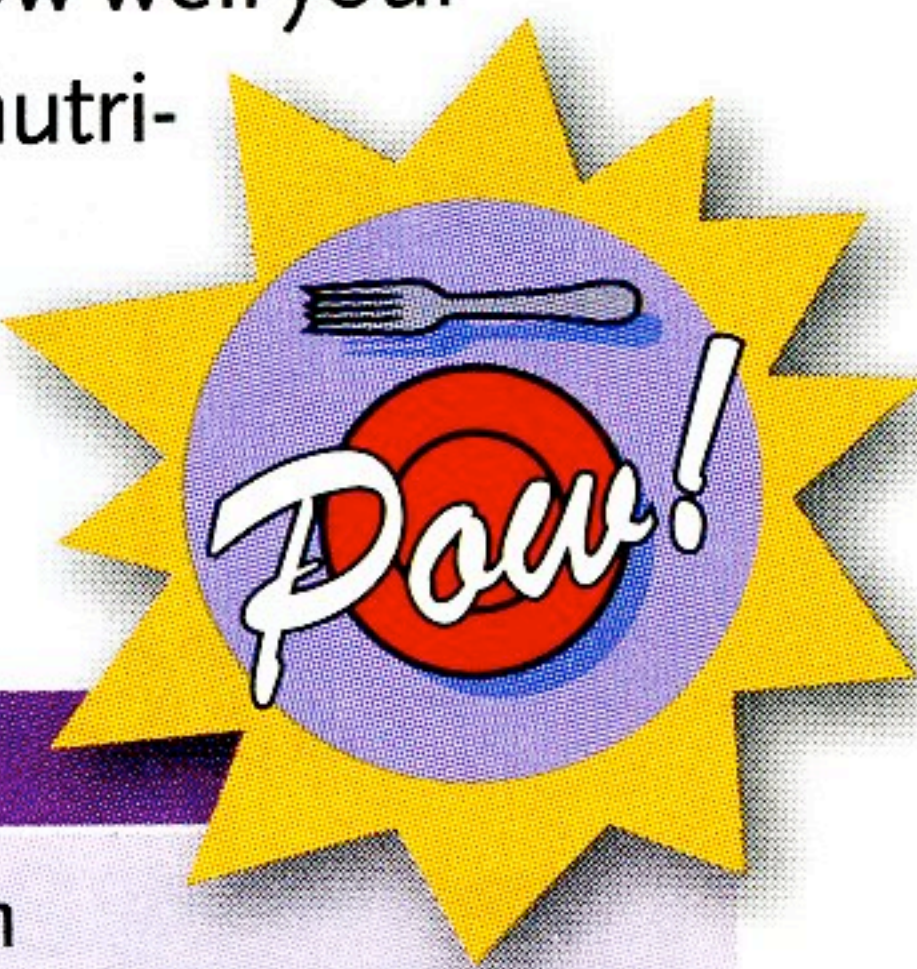
Minimize bloating. Take one or two activated charcoal pills 30 minutes after meals. Do not use within two hours of taking any other medication, as charcoal can interfere with other drugs.

Reduce nausea. Take 1 gram (g) to 1.5 g of ginger in capsule form daily, in two divided doses. Also use acupressure—with a fingertip, firmly press for several minutes on the inside of either forearm, one inch above the wrist crease, in the center between the two tendons. ■

Supercharged Food Combinations

Eat these together for a nutrition boost.

Good nutrition depends not only on what you eat, but also on how well your body absorbs or uses vitamins and minerals in your food. Some nutrients are best absorbed or utilized when consumed with certain other nutrients. Here are easy dishes that combine complementary foods for a synergistic nutritional bonanza—and taste great.



TO BOOST...	EAT WITH...	EASY STEPS...
Beta-carotene , which * Provides anti-oxidants that protect cells from harmful free radicals * Enhances immune function	Polyunsaturated fat , which * Supports cognitive function * Fights inflammation	* For beta-carotene, steam sliced butternut squash or carrots just until soft...for polyunsaturated fat, serve the vegetables with tuna or herring. * For beta-carotene, bake a sweet potato or half an acorn squash...for polyunsaturated fat, drizzle with flaxseed oil.
Calcium , which * Builds bones * Helps control blood pressure	Vitamin D , which * Strengthens bones and teeth * Protects against various cancers	* For calcium, toss together chopped fresh collard greens and shredded Swiss cheese...for vitamin D, stir into beaten eggs to make an omelet or a quiche. * For calcium, broil salmon or perch and serve on a bed of spinach or dandelion greens...for vitamin D, top with mushrooms.
Folate , which * Reduces risk for Alzheimer's disease * Protects against birth defects	Vitamin C , which * Neutralizes toxic by-products of fat metabolism * Improves absorption of iron, needed for red blood cells	* For folate, make a spinach and asparagus salad...for vitamin C, toss with orange slices, strawberries and lemon vinaigrette. * For folate, cook great northern beans or black-eyed peas...for vitamin C, stir in chopped tomatoes and red or orange bell peppers.
Lutein , which * Protects eyesight * Combats skin cell damage	Monounsaturated fat , which * Lowers cholesterol and blood pressure * May combat cancer-causing cell damage	* For lutein, make a salad of romaine lettuce, green peas and hard-boiled egg...for monounsaturated fat, add avocado slices, shredded low-fat mozzarella and olive oil. * For lutein, mix up a fruit medley of sliced peaches, papaya and oranges...for monounsaturated fat, stir in chopped hazelnuts, slivered almonds and pumpkin seeds.
Potassium , which * Promotes function of nerve and muscle cells * Maintains normal blood pressure and heart function	Magnesium , which * Regulates heart-beat and muscle contractions * Strengthens bones	* For potassium, combine lentils and lima beans...for magnesium, stir the legumes into quinoa or bulgur. * For potassium, toss together dried apricots and dried banana chips...for magnesium, add bran cereal, pumpkin seeds and Brazil nuts to make trail mix.
Zinc , which * Strengthens the immune system * Speeds wound healing	Protein , which * Helps build and repair body tissues * Is needed to make hormones and other body chemicals	* For zinc, stir-fry diced chicken breast and chickpeas...for protein, sprinkle with chopped cashews. * For zinc, mix wheat germ into enriched breakfast cereal...for protein, top with low-fat yogurt.

Bottom Line/Women's Health interviewed Lisa R. Young, PhD, RD, adjunct professor of nutrition at New York University and a dietitian in private practice, both in New York City. She is author of *The Portion Teller Plan: The No Diet Reality Guide to Eating, Cheating and Losing Weight Permanently* (Broadway), www.portionteller.com. She is a member of the **Bottom Line/Women's Health** advisory board.