

“Don’t let this holiday season cause your body to sing the blues!”

We have many opportunities to indulge this holiday season from turkey, ham, eggnog, pies, cookies, and cakes of every variety. In addition to possibly gaining weight, holiday eating can cause bouts of indigestion, nausea, minor heartburn and gas which result in your body singing the gastric blues.

Excess in Moderation is one very important piece of advice you can follow this holiday season. Overindulgence with too many starches, carbohydrates and sugars, common holiday foods, can lead to a “food coma resulting in gastric distress.

The human body is an organic machine that powers itself on food and oxygen as fuel. Digestion is the process that breaks down food into smaller pieces in order for the body to more readily absorb the nutrients. Ingested food is subjected to chemical and biological processes before being absorbed by the body.

In order to digest and absorb our food properly, Hazle Drugs has created our own brand of “Digestive Enzyme Essentials”. Hazle Drugs “Digestive Enzyme Essentials” are small easy-to-swallow tablets that provide a healthy combination of digestive enzymes to break down fats, carbohydrates and proteins resulting in proper active digestion. These enzymes aid in breaking food down properly and allowing nutrients to be absorbed in the small intestine.

This supplement can provide proper digestive balance maintaining a healthy gastrointestinal tract. If you have any questions regarding Hazle Drugs “Digestive Enzyme Essentials”, please contact Clinical Nutritionist, Bill Spear, R.Ph, CCN at Hazle Drugs 1 E. Broad St., Hazleton, Pa. 18201 570-454-2476

*Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist.  
He is available for personal Nutritional Consultations at  
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Call for more information or to schedule your  
Nutritional Consultation today!*

