

- Medio: OKSalud
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- Título: Digestión natural tras las comidillas navideñas
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- Foto:



The screenshot shows a webpage from OKSalud. At the top, there is a navigation bar with categories like 'ÚLTIMAS NOTICIAS', 'ACTUALIDAD', 'MEDICAMENTOS', 'PACIENTES', 'FARMACIA', 'NUTRICIÓN', 'SALUD SEXUAL', and 'TELEMEDICINA'. Below this is a banner for 'LIENA TU MESA DE ANDALUCÍA' with the hashtag #ConsumeAndalucía and the logo of the Junta de Andalucía. The main article is titled 'Digestión natural tras las comilonas navideñas' and includes a sub-header 'MASTICAR BIEN Y NO PICAR EN EXCESO'. The article text discusses digestive problems during Christmas and recommends herbs and moderation. It features a photo of a green tea infusion and a list of social media sharing icons. To the right of the article is a sidebar with various product advertisements, including a Scott's Emulsion bottle, an LG UHD TV, and an Xbox Series S console. At the bottom of the sidebar, there is a section titled 'LO ÚLTIMO EN OKSALUD' with a small image and text: 'Porque debes jugar al golf y ganar en salud'.

- Link: <https://okdiario.com/salud/digestion-natural-comilonas-navidenas-8323864>