

Constipation

Constipation is defined as the difficulty of passing stools or infrequently passing hard, dry stools due to slow moving food through the intestines. It generally arises mostly to insufficient fiber and fluids in the diet. Other factors that cause constipation are inadequate exercise, older age, muscle disorders, structural abnormalities, bowel diseases, neurological disorders, poor diet, depression, dehydration, spinal injuries, iron supplements and pregnancy. It can cause bad breath, body odor, coated tongue, depression, diverticulitis, fatigue, gas, bloating, headaches, hernia, obesity, indigestion, malabsorption and varicose veins.

There are 2 types of dietary fiber, soluble and insoluble. Soluble fiber has a soft texture like slippery elm and works to soften stools. Insoluble fiber passes through, generally unchanged like corn adding bulk to the stools and aiding bowel contractions.

Diet

Include plenty of high fiber foods like fresh raw fruits and vegetables (dark green leafy ones too), peas, cabbage, garlic, brussel sprouts and brown rice daily.

Soluble fibers – beans, barley, oats, apples, apricots, bananas, blackberries, figs, dates, prunes and peaches.

Insoluble fibers – cereal grains, seeds, wheat bran, whole grains and the skin of fruits and vegetables.

Eat smaller meals, frequently.

Drink at least 2 liters of water daily, and an extra liter for every hour of exercise.

Visit the toilet the same time every day.

Don't sit on the toilet and push and strain.

If this is a problem put a chair in the toilet and elevate your legs, or squat on the

High fiber foods...

Chai seeds

Psyllium husks

Slippery elm

LSA

These fibers can be added to cereals, juices and other meals and are a quick way to increase fiber in the diet. It is also effective to rotate them so that the

Sunday Bowel Cleanse

It is quite safe to use this bowel cleanse every Sunday, or one day per week, to remove fermenting foods within the bowel. Put 2 heaped teaspoons of Epsom salts in a mug, add a little boiling water and stir until the salts have dissolved, then fill the mug with tap water. Plug your nose a quickly gulp it down, you may need another glass of water to chase it down. For the