

Constipation

DESCRIPTION

Constipation occurs when an individual experiences fewer than 2 to 3 healthy bowel movements daily. Essentially, if your bowel movements occur less frequently than your food intake, you are suffering from constipation.

CONTRIBUTING FACTORS

A combination of diet and lifestyle factors ultimately results in this condition.

Diet. Perhaps the most important factor with regard to constipation is maintaining a healthy diet. A diet that consists of too many refined sugars, starches, alcohol, and processed foods greatly contributes to constipation.

Lack of exercise. Exercise triggers the lymphatic flow that helps stimulate peristalsis (the wave-like motions that move food through the intestines). This is essential to producing healthy bowel movements.

Medication. Many medications cause constipation, including anti-depressants, pain medications, antacids that contain aluminum, diuretics, and antibiotics.

Changes in routine. When normal daily activity is altered, the bowel can become constipated.

Lack of time. Many people do not create the time to eliminate regularly.

SIGNS & SYMPTOMS

Constipation slows down food transit time and can lead to the absorption of toxins from the digestive system. Such toxins originate from putrefied fecal material that has not been eliminated. Once allowed to enter the bloodstream, those toxins can cause poor digestion and infrequent bowel movements or constipation. The result is a form of self-poisoning or "autointoxication". Some of the problems associated with this pattern include:

- Arthritis
- Depression
- Indigestion
- Bad breath
- Diverticulosis
- Obesity
- Body odor
- Gas and bloating
- PMS
- Brain fog
- Headaches

STEPS TO ADDRESS CONSTIPATION

1. **HERBAL SUPPLEMENTS.** Use an effective, natural formula to help cleanse the colon.
2. **DRINK PLENTY OF WATER.** Drink at least half your body weight in ounces each day. (For example, a 120-pound person would require 60 ounces of water, or seven tall glasses).
3. **CHANGE YOUR DIET.** Slowly add more fruits and vegetables (preferably organic) to your diet, and decrease your consumption of refined sugars, starches and processed foods.
4. **ENHANCE DIGESTION.** Add a natural digestive enzyme supplement to your diet to assist with nutrient absorption and promote healthy digestion.
5. **EXERCISE.** Try to exercise daily, or at least three times per week for thirty minutes each time.
6. **TRAVEL.** When traveling, try to maintain a healthy diet and follow a regular sleep schedule.
7. **CREATE TIME TO GO TO THE BATHROOM.** Allow yourself time in the morning to go to the bathroom, even if it means getting up a little earlier than usual.
8. **CORRECT POSTURE.** Keep your feet raised on a telephone book or a device designed for proper elimination posture.
9. **TRY COLON HYDROTHERAPY.** In contrast to a traditional enema, colon hydrotherapy involves repeated infusions of filtered, warm water into the colon to help tone the bowel and promote healthy elimination.