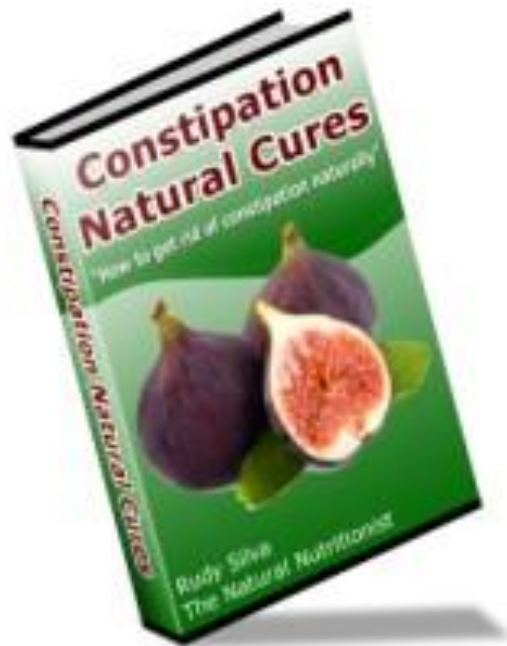


"Secrets you need to know to live a long and active life"

Constipation Natural Cures

"A master constipation e-book covering all aspect of colon health and constipation"



By Rudy S Silva, Nutritional Consultant

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PREFACE

Seventy percent or more of the population struggles with constipation. Some believe the number is even higher, 80- 90%. The market for laxatives is now approaching 1 billion each year. It appears that constipation is an issue that most of us have to deal with at one time or the other. Using natural means to clear constipation is what this e-book is all about.

Welcome to my health e-book. I'm Rudy Silva a Certified Nutritional Consultant with a degree in Physics. For the last 15 years I have been reading and studying how to live using natural foods and supplements.

I believe that to have good health we need to use mostly foods and supplements that are free of additives and food enhancers that are harmful to the body. We need to eat the right foods and watch how we prepare them so we can digest and absorb them without creating or leaving residues that get turned into toxic matter in our colon.

I have yet to see a comprehensive constipation e-book that is downloadable and this book was designed to fill that gap. For those of you who want to learn how to be free of constipation, this is the e-book for you. This information is based on my experience as a nutritionist and the work of many other nutritionist, naturopaths, and doctors.

This is the first of a series of health e-book that I am writing. I decided to write about constipation first because when you look for help from a nutritionist or naturopath your colon is the first area they will discuss and investigate with you.

The first question that a nutritionist or any other health practitioner should ask you on your first visit is, "how

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many bowel movements do you have each day or each week?”

If you visit a doctor, your colon is the last area they discuss with you. And perhaps, this is an area they may never discuss with you at all.

In his article, *The Bowel is an Ecosystem, in Healthy & Natural Journal, April 1997, Majid Ali, M.D. recounts,*

“When I returned to the clinical practice of environmental and nutritional medicine after years of pathology work, I began carefully testing the assertions of nutritionists, naturopaths and clinical ecologist who claimed that various types of colitis [a deterioration of your colon wall] could be reversed with optimal nutritional and ecologic approaches. To my great surprise, I found that such professionals, who are usually spurned by drug doctors, were right after all. My patients responded well to the unscientific therapies vehemently rejected by my colleagues in drug medicine.”

There are many excellent books available on your colon and constipation; you should also look into them. I have quoted from many of these books because these practitioners have put down the foundation for the knowledge we have about how your colon works and how to keep it healthy.

Without good regular bowel movements and colon function, you will create various illnesses, colon discomforts, and diseases – including constipation.

By concentrating on eliminating constipation and preserving colon health, you have taken a major step in preventing many body conditions and illnesses that can shorten your life or make your senior years a miserable time.

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As with so many past health practitioners, I believe your colon is so important that any improvement you can make in your colon's health will help you avert many unnecessary illnesses and suffering. If you make only one effort in improving your health, it should be towards creating a clean and healthy colon.

Heart attacks, cancers, senility, pathogenic organisms and so on cause most deaths that occur in the US and throughout the world. There are few deaths related to natural causes or old age.

Your colon provides nutrients and water to all parts of the body. So, when a specific organ has degenerated it is important to see what part colon toxins have played in this degeneration.

If your colon is toxic, the blood will also be toxic. If your colon is toxic, these toxins will gradually reach all parts of the body through the blood and lymph liquid. The result is the body and various organs affected will become less efficient. Overtime this decreased efficiency will cause the body will become diseased.

By not eating clean food and without good colon health, you will be a victim of your own poisoning. It was estimated that of all the people who died of cancer – colon, lung, prostate, and breast - in 1999 sixteen percent were attributed to colon cancer. But, how many of these other cancers originated in your colon? We do know that colon cancer is the second leading cause of deaths in the United States.

We don't know what cancers originated in your colon because the medical profession treats symptoms not the causes. Many doctors do not go looking for the cause of your problem. They don't have the time. In fact, they normally will not tell you what you need to do to prevent your illness. Sometimes the reason they will not tell you is they just do not know.

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It is the nutritionist's job to tell you what foods and supplements you need to prevent and to overcome specific illnesses.

Why is it that some many people are dying of various diseases at such an early age – at forty, at fifty, at sixty, even 30, or younger? They die of heart diseases, blood diseases, cancers, autoimmune diseases and the list goes on. It has been know for a longtime why diseases occur and what you can do to prevent it.

But the public is not willing to undertake the steps necessary to stop these illnesses. These death producing illnesses are a result of our life style - the foods we eat, the water we drink, the air pollution we breathe, the thoughts we think, the toxins we are exposed to at work, and the cleaning products we use at home.

What is it that causes us to behave in a way that is harmful to others or ourselves in ways that affect our health, our relationships, and our life? Why do people smoke when they know it causes Cancer? Why do people drink coffee when they know caffeine affects their adrenal gland, which eventually leads to exhaustion? Why is it that people eat sugar when they know it has untold health effects beyond diabetes? The answer is simple but difficult to accept.

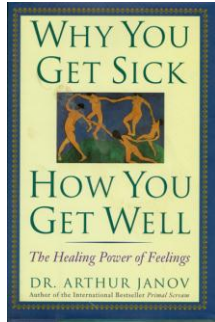
All illness originates from repressed traumatic memories resulting from early life trauma.

Dr Arthur Janov explains this clearly in his book, 1996, Why You Get Sick How You Get Well.

"Over the last thirty years I have learned a great deal about humans and what drives them. As trite as it may seem, what I have found is a single yet complex emotion called love. Not the romantic love of novels, but a fundamental love – the love of a parent for a child. When a child lacks love and nurturing, no matter how

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that lack is manifest, it creates pain, and if this pain is not “felt” or integrated into the system, it will in turn cause physical and emotional illness in later life.”

It takes discipline to change behavior, thought, and life style, which are good for health. This is what is necessary to reduce or eliminate illness. This is what is necessary to bring on a feeling of well-being way into your old age – at 80, at 90, at 100, and well beyond that. With the new anti-aging nutrients and supplements on the market, I can see people living well into 120 years provided they follow a good lifestyle.

How many people are willing to take on this rigorous challenge now at age 20, even younger or older? Most young people are not thinking about their health since at this age their body has not weakened enough to produce enough body pain. They have a body that can bounce back from misuse and poor lifestyle. But, with every day that passes for them, their capacity to bounce back changes by a small unnoticeable amount. Then like a rubber band that loses its spring, this young person, now older, begins to feel the lifestyle they have been living.

How many people are willing to devote the time and money to start eating the right foods and change their lifestyle? This is the first step in reducing or eliminating constipation.

This e-book will help you clear and eliminate constipation. It gives you information about your colon so you can decide how to keep it clean and healthy. .

It takes some work to do it. But you are going to be eating, thinking, and living, so why not do it right and let go of the unhealthy habits. It is your choice. Now, take the right path. I am here to help you.

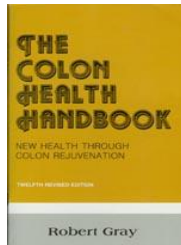
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Do it one step at a time.

As Robert Gray says in his book, *Your colon Health Handbook*, 1980-2000,

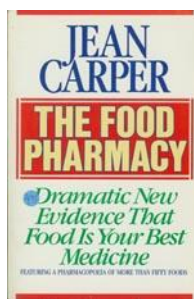


“Nearly every man, women, child in modern society today is constipated. Yes constipated whether they know it or not. Yes, constipated even though the bowels might move regularly every day. Yes, even people with chronic diarrhea suffer from one form of constipation.”

So, you cannot avoid having to deal with the symptoms of constipation, with constipation itself, or with the remedies necessary to relieve constipation. If you do then, you place yourself at risk to come down with illness after illness, as you get older.

This e-book provides you with time-tested remedies that are all natural - foods, minerals, vitamins, and various nutrients.

As Jean Carper reminds us in her book, *The Food Pharmacy*, 1988,



“Much wisdom contain in folk medicine now comes full circle verified and vindicated by vigorous new investigations into food’s biochemical activities. As a result, we can all take the food pharmacy more seriously than at any time in history and use that knowledge to promote our own health.

Here is a revolution going on in the way we think about food. And what a wonderful revolution it is! Like Hippocrates, we too, are beginning to realize that food is potent medicine.”

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Disclaimer:

Consult your doctor when using new remedies or techniques when dealing with constipation or associated symptoms. Be especially alert when you notice blood in your stools, have a different color stool, have a pencil like stool, have stomach or abdominal pain, have a change in bowel frequency, or have been constipated for 2-3 weeks or more. Under these conditions consult your doctor, since constipation can be a symptom of more serious illnesses such as diabetes, diverticulosis, colon cancer, hypothyroidism, colitis, and others.

The information provided in this e-book is not a prescription for any illness, discomfort, or disease. It is information for your knowledge and not to take the place of going to the doctor for medical treatment and advice, if constipation.

INTRODUCTION

Types of Constipation

There are two types of constipation, organic and functional. Organic constipation is a result of some physical change, obstruction, or distortion in your colon. This type of constipation needs immediate attention from a doctor. We do not cover constipation that occurs from these reasons.

Functional constipation is a result of not following a proper diet, drinking the proper fluids, having good emotional health, and not having the proper lifestyle that promotes good movement of digested foods through the intestines and colon.

Even though there are many conditions, symptoms and definitions describing constipation, constipation simple is,

A condition where the fecal matter traveling through your colon remains too long in your colon before traveling out the rectum.

Most likely, if you are reading this e-book, you have constipation, have recurring constipation, or you want to help someone that has it. Constipation is a symptom that tells you your colon is not working properly or you have some underlying gastrointestinal disease you are not aware of.

Constipation is a warning your diet and lifestyle can be leading to some illness or disease in the future. It is a symptom that many people ignore or it is a symptom that many people try to eliminate by using unnatural dangerous laxatives.

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Laxatives are probable the worst product you can use when you have constipation. They can become habit-forming if used too long and have some nasty side effects. They have a tendency to create the problem you are trying relieve – constipation.

In the following chapters, I will tell you about some of the natural remedies that have been documented to work for constipation. It is important to use only natural remedies for constipation so you don't continue to upset the natural balance and function of your colon.

I will also discuss recent constipation remedies found to work by researchers and naturopathic doctors. As you begin to apply some of these remedies, keep in mind that one particular remedy does not work for every person. You may have to make some changes to some of these remedies, such as increasing dosage, adding substances, or trying different substances.

The remedies you choose to use will depend on specific herbs, foods, or nutrients you have, you can buy locally, you can buy on the Internet, nutrients you prefer, or you can afford.

Experimenting is part of how you find out what is best for you.

Keep in mind that all remedies listed here should be used only for a short time, two to four days and not longer than 2 weeks. They should only be used for the time needed to clear your constipation. Sometimes this might just be one or two times.

There are some herbal combinations you can use longer. These combinations can improve the health of your colon and get your bowels moving.

If you have constipation, I can tell you now the natural balance and function of your colon has been affected.

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Health Tip: After you clear your constipation, you need to learn what it takes to create a healthy colon so your constipation doesn't come back. This is the most important part of dealing with your constipation.

Having regular constipation can lead to some serious illnesses. Fecal matter should move through your colon easily and in a given time. When fecal matter remains in your colon for days, your colon becomes toxic and spreads this toxicity into every part of the body. In the bloodstream, these toxins interfere with the deliver of oxygen to the cells and tissues of your body.

If you have to strain and squeeze to have a bowel movement, you can damage the tissues in the lower part of your colon and the blood vessels in your legs.

In the Past

Over 90 years ago and more, doctors knew about the importance of a clean colon. In 1908 Eli Metchnifoff, director of the Pasteur Institute, was awarded the Nobel Prize for Medicine. His research showed that pathogenic colon bacteria, bad bacteria (I will cover this in a later chapter) produced toxic secretions and by products, which acted as slow poisoning of the entire body.

Metchnifoff believed that toxic matter coming from your colon was responsible for every degenerating disease. His belief was so strong that he suggested that man's life span was certainly cut in half when his colon was neglected and allowed to have excessive toxic producing bacteria.

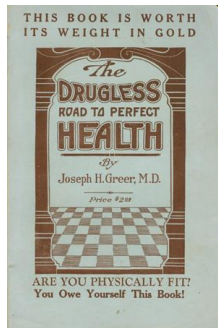
In 1931 Dr. Joseph H. Greer, was telling his patients what to do to end constipation and how to prevent it. Today, nutritionists and other health practitioners are telling their clients the same thing.

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In his small book, *The Drugless Road to Perfect Health*, 1931, Joseph H. Greer, M.D. reminds his patients,



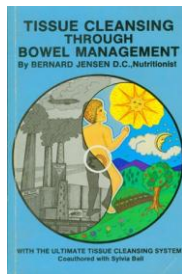
“You must have ‘roughage’ to make the bowels move freely.

Concentrated food (processed foods) and constipation go hand in hand, (and) then pills (laxatives) are used. More constipation and more pills, it is a vicious circle with bad results.

Don’t be afraid of cracked wheat, cornmeal, cut oats, raw cabbage, onions and celery. They are far better

than refined flour and the package foods that flood the market. They may save some labor in the kitchen, but they produce constipation.”

In 1981, Dr. Jensen in his book, *Tissue Cleansing Through Bowel Management*, Dr. Jensen says,



“I believe that when the bowel is underactive, toxic wastes are more likely to be absorbed through the bowel wall and into the bloodstream from which they become deposited in the tissues... As toxins accumulate in the tissues, increasing degrees of cell destruction take place...proper function is slowed in all body tissues in which toxins have settled. When anyone has reached the degenerative disease stage, it is a sign that toxic settlements have taken the body over.”

Today, it is well accepted by nutritionists, Naturopathic doctors, and other alternative medicine practitioners, that constipation is a signal that cannot be ignored and your colon function must be kept efficient and well functioning. To ignore constipation for long periods of time can lead to some serious illnesses. Mostly likely you will not live to be a ripe old age and if you do it will be with some disability.

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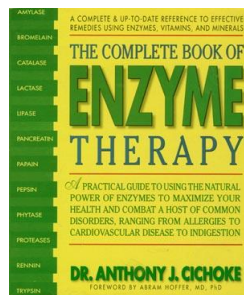
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Constipation is a symptom you cannot ignore – even if it occurs only occasionally –because it leads to slow poisoning of your entire body.

Many doctors, for a longtime, have refused to believe that constipation can cause other parts of the body to become weakened and become unable to perform their function. You will still find Internet articles, anatomy books, and health books suggesting that for some people bowel movements in 3 days or more can be normal.

Some doctors don't want to admit that when your fecal matter stays in your colon for more than 36 hours, you may have constipation.

In his book, *The Complete book of Enzyme Therapy*, 1999, Dr. Anthony J. Cichoke, says that,



“The frequency of bowel movements depends on your physical make-up and physical and dietary habits. Most people have one movement every twenty-four hours, but some individuals have a movement every thirty-six or forty-eight hours (or at even greater

intervals) and do not suffer from constipation. There is nothing to worry about if you have only occasional minor discomfort or irregularity.”

But then Dr. Cichoke continues,

“Unless constipation is the result of an organic disease, it is rarely serious in itself, but it can lead to diverticulitis and diverticulosis. Toxic build-up in your colon can lead to colon cancer.”

Since constipation does not result in immediate symptom of disease or illnesses, many doctors believe that constipation is not a problem. Doctors wait until there is a degradation

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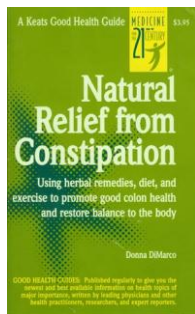
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of your health and a disease sets in. This is something they can measure and see. By this time, it is difficult to relate the disease back to a toxic colon.

This results in the use of drugs or surgery to remove the ill condition and meanwhile the cause of the illnesses – a toxic colon – is not taken care of, needing the continual use of drugs. The toxic colon is still there producing toxic blood, toxic cells, and toxic organs.

You do not have to wait for a disease to take hold of your body so doctors can see you are ill. Take responsibility for your health and don't let constipation become a reoccurring condition.

In her booklet, *Natural Relief from Constipation*, 1999, Donna DiMarco, a Nutritional Counselor, says,



“Nearly twenty years ago, the prestigious medical journal, the Lancet, reported that women who have two or fewer bowel movements each week have four times the risk of breast disease (benign or malignant) as women who have one or more bowel movements each day.”

When you have constipation, take it as a serious problem you need to take of. If you do, then you will add many happy years to your life.

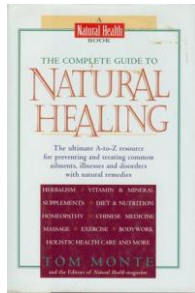
Don't fall for the opinion of some in the health industry that say that if you don't have a bowel movement every day that this is all right. It is not all right. If you are eating 3 meals a day and have only one bowel movement each day, your meals are backing up in your colon. They are staying longer in your colon than they should.

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In Tom Monte's book, *The Complete Guide to Natural Healing*, 1997, he says,



“Intestinal health is fundamental to the overall good health of the body. Ideally, people should have an adequate bowel movement once a day, but years on the highly refined Western diet may have made that goal impossible for many. In that case, ample and regular bowel movements every other day should be the norm.”

I wrote this e-book to give you many constipation remedies that I and other nutritionist and health practitioners have found useful. I present these remedies to you so you have a choice on whether you use Drugstore laxatives or natural remedies.

Health Alert: If you have a long-standing problem with constipation or severe constipation you should see your doctor for advice.

In this e-book, you will also find health information on other issues. It is not possible to just discuss constipation and its causes without on occasion discussing other body conditions.

Once you end your constipation then look at chapter 16, which tells you what foods and changes you need to make to prevent constipation form reoccurring.

You will see that I have highlighted, with different colors, topics that I call,

Health Tip – A tip about something that will give you better health

Health Alert – Important information you need to know to avoid damaging your health.

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Health Drug Alert – Information about how foods or herbs or other substances interfere with drugs or medications.

So let's start this e-book.

Chapter 1: Why Constipation is More than not Having Regular Bowel Movements

Definition of Constipation

Elimination of waste products that have been rejected by the stomach, small intestines, and your colon are part of the digestive process. When waste matter or fecal matter slows down or stops moving in your colon, the entire digestive process is affected. Your health depends on having good digestion. When you have constipation your entire health is at risk.

Constipation, sometimes referred to as irregularity, can be defined in many ways. Some people believe that constipation is when you don't have more than 3 bowel movements each week. Others believe that less than one bowel movement each day is constipation. You might believe that constipation is when you have a hard time in the bathroom straining and puffing to have a bowel movement.

I define constipation here when several different conditions exist such as,

Fecal matter that moves slowly or stops, which allows toxic chemicals to pass through your colon walls and into your bloodstream is constipation.

There are over 100's of different toxic chemicals that exist in your colon. Some come from undigested protein, by-products of digestion, bacteria fermentation, additives from processed foods, which decay in your colon, and from food that has existed in your colon for years. Some of these toxins are more harmful than others so it is critical these poisons do not get into your bloodstream.

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In her article, *The Road to Reversing MCS/EI is Paved With Good Intestines, The Townsend Letter for Doctors* - January 2000, Dr. Gloria Gilbere states,

"Intestinal poisoning not manifesting immediate visible effects appear in disorders such as MCS, fibromyalgia, chronic fatigue, lupus, and arthritis, to mention a few. Eventually, the chemicals produced by putrefaction are so poisonous they irritate the delicate lining of the large intestine and destroy the protective barrier keeping out the invading toxins. Damage from the chemical toxins is so destructive your colon walls become leaky and allow penetration through the damaged barrier into the lymphatic and circulatory systems, especially through the hepatic portal vein."

For fecal matter to slow down in your colon as if some blockage was present needs certain colon activities or processes to malfunction. It requires certain mental, emotional, and unhealthy conditions to exist, which affect the proper function of your colon.

Fecal Matter Transient Time

For each individual, the time fecal matter stays in your colon before toxins start to stream into their blood will vary. But, there is a typical transient time for food to travel from your mouth and out your anus. This transient time is around 18 – 25 hours. This time is considered normal and times outside this period are something to work on by changing your eating habits.

Yes, it is true that certain people have faster transient times than others. The question to asked of those people whose transient time is slow, 2-3 day, is, why is it slow? The response should not be that this is normal because that's just the way their colon works.

What are the main things that affect transient time?

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- Colon wall muscles have become weak and un-toned
- Colon wall nerves have been damaged through excess use of laxatives
- The amount of food you have eaten
- The amount of water you drink during the day
- The type of food you have eaten
- The way you have chewed your food
- Your emotional condition
- A deficiency in specific minerals

These are a few conditions that affect your colon transient time and there are others, which are discussed in another chapter.

The longer fecal matter stays in your colon, the more it decomposes, decays, and putrefies. This is the condition that causes toxic matter to move into the blood and to weaken and destroy colon wall cells and tissue.

Number of Bowel Movements

If you have one, two or more bowel movements a day, you may still be constipated. If you sit on the toilet and have to stay there over 5-10 minutes pushing, straining, or paining to have a bowel movement, then you are constipated. Straining to have a bowel movement, overtime, leads to hemorrhoids, varicose veins, or fissures.

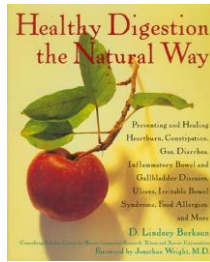
If you eat three meals a day, then you should have three bowel movements each day. The first bowel movement should take place in the morning when you wake up or soon after you have had breakfast. Typical you should experience the urge for a bowel movement 20-30 minutes after you eat. The other bowel movements should be during the day and just before bedtime.

In her book, *Healthy Digestion the Natural way, 2000*, D. Lindsey Berkson defines constipation as,

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“A healthy person should have at least one bowel movement a day. Medical textbooks state that individual variation goes from several times a day to several times a week. However, having worked with people for many years on improving their health, I would define constipation as not having one to several daily bowel movements, or having too long an intestinal-transit time.”

If you eat three meals a day and only have one or two bowel movements, then the second and third meal are backing up in your colon and staying there too long.

When your fecal matter stays too long in your colon, water is pulled out of the fecal matter and reabsorbed through your colon wall. This makes the fecal matter stiff and hard. Your colon will now have a hard time moving this hard fecal matter through its sections and out the rectum.

Definition of Constipation Expanded

So, Constipation is when:

- It takes more than 18-25 hours for food to travel from your mouth to your anus
- Slow moving fecal matter in your colon gives time for toxins to move into your bloodstream.
- You develop hemorrhoids, fissures, diverticulosis, or varicose veins
- You eat three times a day and only have one bowel movement
- You strain and push to have a bowel movement
- Your stools are hard and dry

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Doctors and Constipation

Of course, doctors do not consider constipation a serious medical issue unless it becomes persistent or it starts to occur frequently for no know reason.

So doctors have a different definition of constipation.

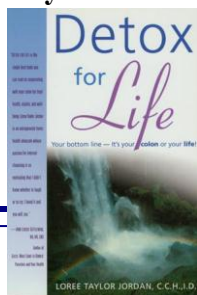
When a person complains about constipation, many doctors do not know what causes it or how to treat it. Especially, if they cannot make direct measurement that indicates the body is malfunctioning or they cannot see any physical condition, through image scanning devices, that points to a particular disease. So they will normally prescribe a laxative. Or, they will tell you if your bowel movements have been occurring every three days for years then this is normal.

The main concern you should have about constipation is whether this condition is sending toxins into your body – autointoxication - so that over a long period of time this creates illness and irreversible organ damage. This is something a doctor will not tell you about constipation. Most doctors don't subscribe to the idea that your colon spreads toxins into your body, which are responsible for serious illnesses.

When your colon starts spreading toxins into your bloodstream, these toxins are transported to every body cell, body joint and to all body organs. To prevent this condition, you need to eliminate constipation and detoxify your colon.

Recently, Loree Taylor Jordan, Colonic Therapist, wrote in her book *Detox for Life, 2002*, that,

"If you ask the average physician about autointoxication, trust me, s/he will most likely downplay your concerns. The average doctor in general does not



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have any concept of how to detoxify the body and most certainly does not relate it to disease control. Of course, there are also many doctors who do support detoxification. My intent is not to criticize the medical profession. It provides a great service, but many practitioners are just not trained to new concepts in the field of nutrition and disease prevention through detoxification."

Occasional Constipation

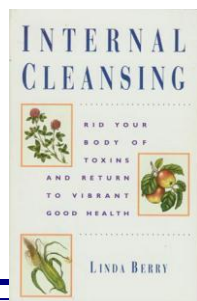
Doctors will tell you that an occasional bout with constipation is nothing to worry about. If you don't have a bowel movement every day, this is also nothing to worry about. Some doctors don't want to admit that when your fecal matter stays in your colon for more than 36 hours, you may have a constipation problem.

They consider constipation normal if you have a bowel movement from three times each day to one time a week. You may have a bowel movement once in three days and doctors will consider this normal.

How many of us have constipation occasionally. What does occasionally mean? Does it mean once a week, once a month, or once a year? And, why are Drugstore laxatives the most often purchased drug or supplement. The laxative market is approaching a billion dollar industry. Is this a sign that all of us are constipated occasionally?

In her book, *Internal Cleansing, 1997*, Linda Berry recalls,

"Recently, two patients came to my office suffering with serious constipation. One was having, at best five bowel movements each week. The other said he had eliminated only once every four days since he was a small boy. Perhaps your medical doctor - like that of the first patient - has told you that this



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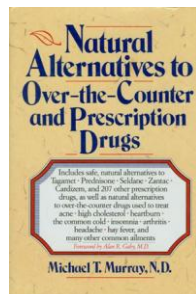
level of excretion is okay. Her doctor's perspective was that some people just have fewer bowel movements than others. That is true, but what he neglected to tell her is that those who have fewer bowel movements are harboring a breeding ground for disease and death."

Constipation is a Serious Problem

As a nutritionist, I consider constipation a serious problem even when an individual tells me they get constipated once in a while. The reason for this is most people don't know what constipation is and how to identify when their colon is not working properly. I believe that most people are constipated and don't know it.

I recommend that when you become constipated you try to identify why this has occurred. Is it because you have started taking medical drugs, changed your diet, not eating enough fiber, eating too many processed foods, or going through some emotional issue?

In, Natural Alternatives to Over-the-Counter and Prescription Drugs, 1994, Michael T. Murray, N.D. says,



"Since the frequency of defecation and the consistency and volume of stools vary so greatly from individual to individual, it is difficult to determine what is normal. Nonetheless, most nutritionally oriented physicians consider two to three bowel movements each day as ideal. This is the number that is typically found in healthy people eating a high-fiber diet and getting adequate exercise."

Health Alert: If you experience a change in bowel movement frequency that is unexplainable and is persistent, consider this a warning and see your doctor. Sudden changes in bowel movement frequency, which

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last for some time, can be a symptom of some other underlying disease.

Constipation is a signal you are not treating your body with right food, thought, and activity. It is an opportunity for you to make changes so you will not create a serious illness.

Constipation Defined More

Another definition of constipation is:

fecal matter that becomes stagnant and backs up in your colon.

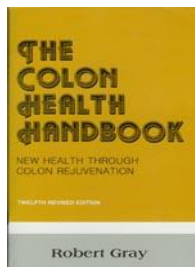
This means that if you have a bowel movement and not all the fecal matter, which is in your colon, comes out then this is constipation.

If not all the fecal matter comes out and some of it remains stuck on your colon walls then this is considered stagnant fecal matter. If this fecal matter remains, as it does in many individuals and continues to build up on your colon walls overtime, then this is considered constipation. It is constipation since it is stagnant fecal matter that is not coming out during a bowel movement.

This build up of fecal matter on your colon wall is called "Mucoid Plack" since it is a layer of fecal matter and mucus.

In his pamphlet, *Your colon Health Handbook, 1980-2000*, Robert Gray points out two types of constipation.

"There are two types of constipation. One type is present when the feces that pass from the body are overly packed together. Another type of constipation is present when old, hardened feces stick to the walls of your colon and do not pass out with the regular bowel movements.



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Both types of constipation are so common among the members of modern society today that scarcely anybody recognizes them as being unnatural. As we shall see, constipated bowel movements are generally looked upon as normal stools. And few people have any inkling as to how much old, hardened feces are chronically present within their bodies."

Here are some of the signs you are constipated:

- Abdomen pain
- Appetite loss
- Bad breathe
- Coated tongue
- Fever
- Headaches
- Hypertension
- Mental dullness
- Mucus coated tongue
- Nausea
- No bowel movements during the day
- Pain in the lower legs
- Stomach heaviness
- Straining to have a bowel movement
- Tiredness

Let's go to the next chapter.

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Chapter 2: Why Drugstore Laxatives Can Destroy Your Colon and Your Health

Laxatives

A laxative is defined as,

a substance that is used to promote a bowel movement when you are constipated.

Laxatives work by starting and stimulating peristaltic action. Peristaltic action is a wave like movement that occurs throughout your gastrointestinal tract – esophagus, stomach, small intestine, colon – that helps move food into your stomach, through your intestines, through your colon, and out your rectum.

There are drugstore products, natural occurring foods, herbal substances, and homeopathic liquids that have laxative effects. I do not recommend using drugstore laxatives or any other form of drugs to clear a constipation problem.

All my recommendations are for using natural foods, minerals, or herbal products. And some of these natural methods should also be used only for the time it takes to clear your constipation.

Health Alert: You should use Drugstore laxatives or drug laxatives only under Doctors recommendations.

There are no safe drugstore laxatives. These laxatives are habit-forming and work by desensitizing your colon. Their use can irritate nerves and muscles along the intestinal lining, interfere with digestion and adsorption, cause cramps, deplete fluids, and create other physical internal problems.

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Laxatives can enlarge and seriously damage your colon when used for a longtime. Eventually, after continual use, you will not be able to have a bowel movement without using them.

Health Alert: Never use a laxative, Drugstore or Natural, when you have acute abdominal pain, especially if the pain is on the lower right hand side, where the appendix is located. See your doctor right away.

Using Laxatives for the wrong reason can be life threatening.

Drugstore Laxative

If you are tempted to use drugstore laxatives remember that,

Laxatives bought in drugstores are of questionable safety.

Because of the action these laxatives have on the small intestine and colon, doctors and other health practitioners recommend their limited use since they,

- have chemical side effects that affect your health
- produce an active force that can damage nerves that control the muscles in your colon walls
- desensitizes your colon so your natural peristaltic action is reduced
- become habit-forming
- rush food through your intestines so it does not digest and absorb nutrients or minerals properly
- kill friendly bacteria, unless they are fiber foods
- contain preservative, coloring, and other additives that are unhealthy.
- Remove excessive fluids and electrolytes from your body.

Health Alert: If you use drugstore laxative, use them for just the time needed to clear your constipation.

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Then starting looking at what it takes to stop your constipation from occurring.

Health Tip: When you have constipation, always start with the gentlest and safest laxative.

Five Basic Types of Drugstore Laxatives

There are five basic types of drugstore laxatives you should be aware of. Some of these laxatives are combinations of these five types, which are designed to create an effective constipation product. In making this combination, they create a product that is more dangerous to your health.

- Bulk Forming Laxatives – (clears constipation in 1-3 days)
- Stool Softening Laxatives – Emollients – (works in 1-4 days)
- Lubricant Laxatives – (works in 5-9 hours)
- Osmotic or Saline Chemical Laxatives – (works 1-3 hours)
- Stimulant Laxatives – (works in 6 – 24 hours)

If you are going to use any of these laxatives keep in mind they will work faster when you take them on an empty stomach.

Bulk Forming Laxatives

Bulking laxatives are the safest laxative to use and can be used longer than other types of laxatives. These laxatives contain fiber or fiber like products. However, it is best to get your fiber from food since food has a balance of all nutrients your body needs.

These laxatives work by making your stools larger and heavier and help attract and trap water into their fiber structure. This stimulates your colon to have a bowel movement. Using laxatives that contain fiber is a natural way to stimulate your colon into action.

Bulking products or food can be used for mild cases of constipation. Use them with plenty of water so the bulking material does not expand in your throat or cause a back up

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in your colon. Using an excess of bulking products daily can cause the problem you are trying to eliminate - constipation.

Natural bulking agents are karagy, guar, agar, and psyllium seed. Some semi-synthetic bulking agents are methylcellulose or carboxy-methyl cellulose, which I do not recommend.

Some bulk forming laxatives you will find in the drugstore are:

- Citrucel – contains methylcellulose (not recommended)
- Fiberall – contains psyllium seeds
- Fibercon – contains Calcium Polycarbophil (not recommended)
- Hydrocil – contains psyllium seeds
- Metamucil – contains psyllium husks
- Perdiem Fiber – contains senna
- Ultrafiber – contains psyllium seeds and prunes

Health Alert: Some bulk forming laxatives contain excess sugar and sodium. Read the label for these items, if you have high blood pressure or are diabetic.

If you are pregnant, using bulk forming laxatives may be the safest way to relieve your constipation, but look for natural fiber food products. These natural products are discussed in other chapters. Avoid using any other type of laxative since the chemicals they contain can get into the fetus or, when breast-feeding, the breast milk.

Stool Softener Laxatives - Emollients

Stool softeners and emollients work by absorbing water into the fecal matter. This makes the fecal matter softer so it can pass easier through your colon and out the rectum. Two of the chemicals used in stool softener laxatives are docusate sodium and docusate calcium.

Don't use these types of laxatives since they have chemicals that can produce side effects. Docusate sodium has been found to increase the toxicity of drugs when taken at the same time. In addition, they affect liver function.

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You can find some of these laxatives at your local drugstore under the names,

- Colace – contains docusate sodium
- Dialose – contains docusate sodium
- Surfak – contains docusate calcium

Other products that contain docusate sodium and docusate calcium are:

- Senokot-S, Correctol 50 plus, Fleet Stool Softener, Phillips Liquid-Gel

Health Alert: Avoid using docusate with mineral oil since this increases the chances of absorbing some mineral oil into the body. Mineral oil in the body tissues can form tumors.

Pregnant women should avoid using this type of laxative.

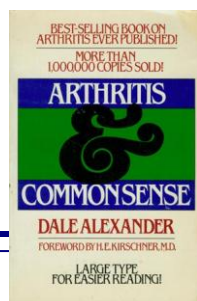
Lubricants Stool Softeners

Lubricants stimulate a bowel movement by coating your colon walls and fecal matter. These lubricants also help keep water in the fecal matter, preventing them from becoming hard and difficult to pass through your colon and rectum. One such lubricant is Mineral oil – (not recommended)

Health Alert: Avoid laxatives that contain mineral oils. These oils can cause a pneumonia that is difficult to clear. They interfere with intestinal absorption of food nutrients, and fat-soluble vitamins, like vitamin A, and collect in the lymph nodes when used often.

Mineral oil is not a food. It coats food and prevents it from being digested and prevents absorption of vitamins and nutrients.

Dale Alexander, author of Arthritis Common Sense, 1981, reminds us that,



“Crude mineral oil was discovered, by Indians, on top of stagnant water in the oil fields. Today, mineral oil is refined into pure from petroleum.

Refineries could not sell mineral oil for

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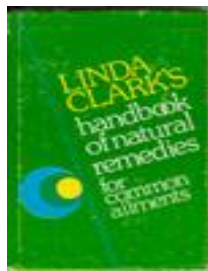
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automobile use, so their representatives educated people to pour it into their bodies. Just the way mineral oil does not pass qualifications for a car carburetor, it forms puddles of useless oil in your intestinal loops."

Mineral oil passes from the mouth, all the way through your colon, and out the rectum without being absorbed. However, it sometimes passes through the intestinal walls in small amounts and poses a health hazard in the body. It also leaks out of the rectum, if too much is taken, creating embarrassment for you.

In her book, Linda Clark's Handbook of Natural Remedies for Common Ailments, Linda writes about mineral oil,



"The message has finally got through to the public and the medical profession that mineral oil is one of the most damaging of all laxatives. It robs the body of Vitamins A, D, E, K: interferes with absorption of calcium and phosphorus, and can actually lead to other diseases."

Some of the lubricant drugstore laxatives are:

- Alin plus phenolphthalein –
- Dioctyl sodium sulfosuccinate – a detergent type substance that lowers the surface tension of your colon walls and fecal matter.
- Docusate potassium
- Magnesium hydroxide – brings in more water into your colon.
- Osmolak plus lactulose (lactulose is a synthetic sugar that pulls water out of the body and into your colon to soften stools.)
- Sokol plus mineral oil

Dioctyl sodium Sulfosuccinate belongs to a family of chemicals that reduces the surface tension of the fecal matter in your colon allowing water and fat to penetrate and make the fecal matter softer. These chemicals are known as,

- Dioctyl sodium succinate (also known as docusate sodium)

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- Dioctyl potassium succinate (also known as docusate potassium)
- Dioctyl calcium succinate (also know as docusate calcium)

Health Alert: **Again do not use mineral oil when using these types of succinate laxatives.**

Health Alert: **If you are pregnant, do not use mineral oil or other oils to get relief from constipation. During pregnancy you need good absorption of mineral to provide nutrients for your newborn. Excessive use of mineral oil during pregnancy can cause bleeding in newborns.**

Osmotic chemicals – Saline Carthertics

These chemicals are salts and other compounds that activate secretions of water from your colon walls and into your colon, which are absorbed by the fecal matter. This softens the fecal matter and promotes a bowel movement. This laxative should be used only for a short time since they can become habit-forming.

Health Alert: **Osmotic laxatives promote bowel movements by bringing large amounts of water into your colon. In this bowel movement, minerals the body needs are also eliminated in the stool.**

Here is a list of osmotic chemical laxatives you will find at the drugstore.

- Amphohgel
- Epsom salt
- Maalox – contain aluminum and magnesium hydroxide
- Magnesium hydroxide
- Milk of magnesia - Milk of Magnesia, a saline laxative, causes stools to hold fluid, which promotes peristaltic action. Magnesia can neutralize acids

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you need for digestion and can give you excess of magnesium

- Sorbitol – is found in fruits and vegetables and can also be created, in the body, through chemical synthesis. It can hold large amount of water in your colon making stools softer.

Health Alert: Do not use osmotic laxatives in high dose. They can be toxic and affect the kidneys. If you have weak kidneys do not use this type of laxative.

Stimulant Laxative Cathartics

Stimulant laxatives have strong laxative action and should be avoided if possible. These laxatives stimulate your colon by irritating your colon walls. This irritation causes peristaltic movement. When these stimulants are used over a longtime, they become habit-forming and can damage your colon wall by desensitizing cells and nerves along your colon walls.

These laxatives have some side effects such as nausea, cramping and diarrhea. But, not every one will experience these side effects.

Cascara Sagrada and senna are popular herbs with strong stimulative action. Many other herbs fall into the category. It is always best to use these herbs when prepared by well know companies. It is also best to use a herbal combination, since these herbs work together to provide colon toning, detoxification, cell building, and colon stimulation.

Health Tip: Use herbal combinations for 5 days or less. Just use them long enough to clear your constipation.

Some of the stimulant laxatives you will find at the drugstore are:

- Cascara sagrada
- Caster oil – not recommend since it will irritate your colon
- Correctol – contains Bisacodyl
- Dialose plus – contains phenolphthalein

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- Dulcolax – contains bisacodyl
- Exlax – contains bisacodyl and sennosides
- Feenamint – contains bisacodyl
- Perdiem – contains senna
- PeriColace – contains casanthranol

Health Alert: All laxative of any type can produce diarrhea if they are too strong or are used excessively.

If you use castor oil, make sure you take it little by little and not a lot at one time. Castor oil is thick and can get stuck in your throat and cause you to gag.

Laxatives, if abused, produce electrolytic imbalances, sodium excess, esophageal blockage, diarrhea, and constipation.

Health Alert: Bisacodyl interferes with absorption of potassium in your colon.

Some Drugstore Laxatives contain various chemicals and compounds such as belladonna alkaloids – atropine, scopolamine. They contain Nux vomica a form of strychnine, a rat poison. They also contain podophyllum and aloin, which produce strong bowel action making them unsafe.

Health Tip: If you have been on a drugstore laxative, try one of the Natural Laxative Methods or Herbal Laxative Combinations that I have listed to normalize your bowel movements or move toward eating foods with high natural fiber.

When using strong laxatives the entire colon can be quickly cleaned out. This means your next bowel movement will not occur for 24 hours or longer. So don't panic thinking you are still constipated.

Let's move on to the next chapter.

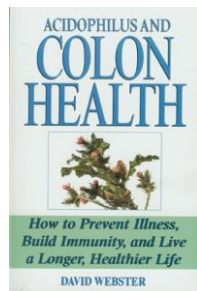
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Chapter 3: What You Really Need to Know About Your Colon

One feature of your colon is the lack of nerve sensors that give you pain to tell you your colon is not working right or that sickness and diseases have set into colon walls. It is only after a lengthy time, that any colon disease shows itself and only after it has progressed into a serious illness.

This is why constipation, though just a colon symptom, should be a warning you need to pay attention to. Your colon is central to your entire health. Constipation is a major sign your health is at risk.

In David Webster's book, *acidophilus and Colon Health*, he points out that,



“Today, science knows your colon as much more than an organ of elimination. It plays an important role as part of our immune system and in absorption of nutrients into the body. It influences liver, brain, and nerve function, and directly affects the function of other organs of elimination such as the kidneys, urinary bladder, lungs, and skin. The health of our colon determines the health of our bloodstream, organs, tissues, thus also affecting our immunity and longevity.”

The health of your colon revolves around the survival and domination of good bacteria. By keeping your colon saturated with good bacteria, you can expect good colon health and little trouble with constipation.

But before we get to the good bacteria part, let's look at your gastrointestinal tract, starting at your mouth.

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Gastrointestinal Tract

When food you eat reaches your colon, it has passed through many digestive processes. These processes start at the mouth with pre-digestion of carbohydrates and proteins. They end with re-absorption of minerals and water in your colon walls from your fecal matter.

Formation of mucus

What happens when you eat meats and processed foods? Eating meats, eggs, dairy products, cream, ice-cream, cheese, milk, bread, flour products, and food in bags or packages cause a formation of mucus that appears in the throat, colon and throughout your body.

If you wake in the morning with mucus and congestion in your throat, like I use to, you are eating too many processed foods.

Mucus Membrane

The lining of the gastrointestinal tract, which runs from the mouth to the rectum, is called mucus membrane, or mucosa. This lining protects the tissue below the lining from all types of contaminants, pathogens, or poisons that enter through the mouth and nose. It does this by excreting a mucus slime, which absorbs contaminants or irritants then moves them out through the rectum.

Mucus Slime

This mucus slime is produced when meats or processed foods you have eaten irritate the lining of the gastrointestinal tract. This mucus slime is produced in any part of the body that rejects food by-products it cannot use. This mixture of mucus and unusable byproducts are stored on tract walls, in organs, joints and tissue.

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When the time is right, this mucus slime comes out of your body, when you have a cold, flu, diarrhea, constipation, and other illnesses that have discharges.

This mucus slime is damaging to the internal membranes, joints and organs. It coats and sticks to internal membranes and causes them to malfunction and overtime weaken.

In your colon, mucus slime coats the walls of your colon and eventually hardens as it collects other pasty and sticky residues from the fecal matter.

This mucus slime becomes decayed and toxic overtime and creates an environment favorable for bad bacteria by creating an alkaline environment. This colon condition then readily produces the symptom called Constipation.

Mucus slime is created throughout your body in the internal tract lining. This lining occurs in the stomach, intestines, colon, throat, ear nose, eyes, liver, veins, arteries, bladder, kidneys, heart, vagina, lungs and respiratory system. This slime interferes with the way the stomach, intestines and your colon work by blocking absorption of nutrients into the body.

In the small intestine

By the time food you have eaten reaches your colon, at least 90% of it has been digested and absorbed through the small intestine walls. The rest is cellular waste, undigested or undissolved foods mixed to become chyme.

Realize that not all that has been absorbed through the small intestine is good. If your intestinal walls have been damaged by eating too much junk food, then many bad nutrients, poisons, food particles, free radicals, and other junk can moved into your blood and body where it creates mucus slime.

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Chyme

As your food enters your small intestine, it is called Chyme. Chyme consists of liquid, fiber, minerals, and various other waste products. Chyme consists of,

- Bile
- Cellular and tissue waste
- Cholesterol
- Food wastes
- Mineral ions
- Living and dead bacteria
- Mucus
- Toxins
- Undigested fats
- Undigested fiber
- Water

Bile

Bile is also found in the fecal matter. What is bile? It is a liquid that is produced by the liver. The liver excretes bile into the gallbladder where the gallbladder stores it. When food reaches the duodenum, the start of the small intestine, a sensory agent triggers the release of bile from the gallbladder and digestive juices from the pancreas. This bile and digestive juice help to lower the pH of the acid matter coming from the stomach and help to break up fat globules into tiny droplets that can easy digested.

Bile pH is alkaline and in the range of 7.1 to 8.5. The juices from the pancreas have a pH of 7.2 to 8.2. These alkaline secretions serve to neutralize acid in the small intestine (Any pH above 7.0 is alkaline and any pH below 7.0 is acidic.)

Bile consists of,

- Cellular and tissue waste
- Cholesterol

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- Food wastes
- Mineral compounds of sodium, potassium, calcium
- Living and dead bacteria
- Mucus
- Toxins
- Undigested fats
- Undigested fiber
- Water
- Mucus

Liver, Gallbladder, Pancreas

The liver, gallbladder, and pancreas have a major role in small intestine digestion and large intestine, colon, adsorption. When these organs do not create the needed secretions, food is improperly digested and absorbed. When your food is not digested correctly, nutrients required for good colon to function will be missing.

So not matter how healthy you eat, if your small intestine or colon is not properly absorbing the good food nutrients, you can still be malnourished.

Small Intestine – Cecum Connection

The end of the small intestine is connected to the start of your colon call the cecum. This connection has a valve, which controls how much chyme enters your colon or cecum. This valve is called the ileocecal, (il'e-o-se'kal) valve. This valve must work properly otherwise it can lead to poor health conditions. If the valve closes slowly it can allow more chyme into your colon before it is ready. Under these conditions, the chyme might have too much water causing you to have diarrhea.

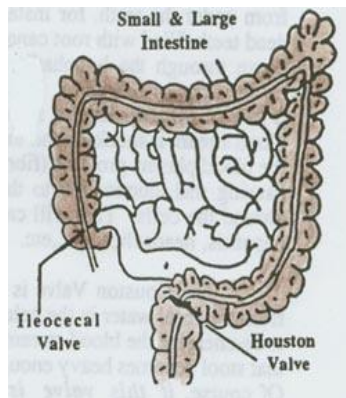
When the ileocecal value is weak and does not close tightly, colon bacteria can slip back into the small intestine causing a bacterial overgrowth. This overgrowth, in the small intestine, can cause severe diarrhea and poor absorption of fats soluble vitamins such as A, D, E, and K.

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After chyme enters the cecum, the lower part of the ascending colon, the ileocecal valve closes. This valve should remain closed, but if it does not, fecal matter could be sucked back into the small intestines and migrate into the common hepatic duct and liver. This results in toxins being pulled into the blood, which contributes to various disease states.



Health tip: When the ileocaecal valve does not close properly, the valve tone and tissue show weakness. To avoid this condition and keep this valve strong, massage the area on the right side just above your pelvic bone and near your appendix.

RUB your ILEOCECAL VALVE DAILY to strengthen and tone its tissue.

Rub the ileocaecal valve when you are in the shower. With your fingers and soap, rub the valve area for about 15 seconds or so daily. Soap and water lubricate your skin so your hand can flow easily on your skin. Push down slightly in the valve area and make a rotating motion while your fingers remain stationary or move slightly.

Colon Function

Around 4-5 % of the food eaten gets absorbed in your colon. Some of the roles of your colon are to absorb water, mineral ions, and vitamins from the fecal matter and to move this ionic liquid through the lumen, gut wall, into the blood vessels. When this takes place with little or no toxins being absorbed through your colon walls, the body's immunity improves.

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When water is absorbed through your colon walls, it is recirculated back into the blood and into the lymph system. The mineral ions move into the lymph liquid and then into the cells to feed and build body organs and tissues. If toxins are also absorbed into the bloodstream, they weaken the body by making it acidic and causing all sorts of unpleasant symptoms or diseases.

Your colon has many other functions to perform:

- Absorbs vitamins through your colon wall - created in your colon by friendly bacteria and move these vitamins into the bloodstream – riboflavin, nicotinic acid, biotin, folic acid and vitamin K.
- Absorbs inorganic solutes, chemicals, and moves them into the blood to be detoxified by the liver
- Eliminates the mucus cellular waste from the lymph system
- Forms bulk and compact fecal matter
- Houses millions of good bacteria
- Keeps pathogenic bacteria and pathogen at bay
- Keeps a pH of 6.2 – 6.8.
- Moves fecal matter through your colon
- Removes excess cholesterol and estrogen from the body
- Uses fiber to start peristalsis movements.

Large Intestine

Your colon, also called the large intestine, is part of the gastrointestinal system, which starts at the mouth and ends at the anus. Your colon consists of the,

- ileocaecal valve
- cecum, appendix
- ascending colon
- transverse colon
- descending colon
- houston valve
- sigmoid

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- rectum
- anus

Cecum – Appendix

Once in your colon, chyme is called fecal matter or feces. The fecal matter moves passed the illeocecal valve and into the cecum. By peristalsis action, the cecum moves the fecal matter into the ascending colon.

If the fecal matter sits too long in the cecum, fecal matter moves into the appendix just below the cecum. When this fecal matter is not moved out of the appendix through peristaltic action, the appendix can become toxic and form bowel pockets. These pockets can become infected leading to appendicitis.

As the fecal matter sits in the ascending colon and as it is squeezed to move it further into the transverse colon, water is removed from the feces. The longer feces sit in the ascending colon the more water is removed from the feces and the harder it becomes.

The longer fecal matter sits in the any part of your colon the more protein putrefies, carbohydrates ferment, and fats become rancid – food is rotting.

As food rots in your colon, more toxic gases are formed. These gases get into your bloodstream, your organs and joints. They cause discomfort and disease if you are exposed to them over a long time.

HERE IN THE ASCENDING COLON – fecal matter move upwards to the transverse colon. In constipation it is in the curve of your colon where it changes from the ascending colon to the transverse colon where fecal matter frequently piles up. And likewise, when the transverse colon changes to the descending colon. These are the area where massages will be helpful in helping the fecal matter to move forward.

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In the ascending colon, water and ionic minerals are removed from fecal matter and it starts harden. As fecal matter travels through your colon, its consistency will harden if it does not have fiber and other ingredients that hold onto to water. Most processed foods have little fiber and therefore they lead to constipation.

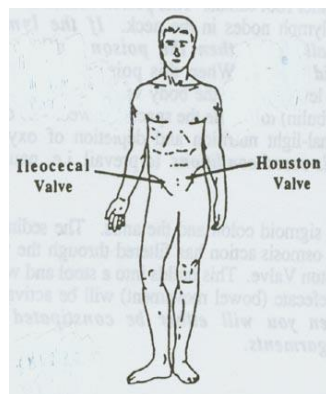
IN THE TRANSVERSE COLON – more water minerals are absorbed from the fecal matter and the fecal matter becomes firmer.

HERE IN THE DESCENDING COLON – less water and minerals are absorbed and the fecal matter is being stored for later release from the rectum.

HERE IN THE SIGMOID COLON - fecal matter is held until it is ready to be released through the rectum by the Huston valve. When fecal matter is held here to long, it starts to accumulate. This causes the sigmoid to expand, balloon, or become distorted.

HERE IN THE RECTUM – fecal matter is stored until you have the urge for a bowel movement.

The Huston valve is at the end of the sigmoid colon and opens to the rectum. When the Huston valve is weak excess fecal matter moves into the rectum. This may cause you to leak fecal matter into your clothing or have a bowel movement when you are not ready.



Health Tip: To keep the Huston valve strong and healthy, rub it from the outside at the same time you rub your ileocecal valve. The Huston valve is found on the left side of your body straight across from the ileocecal valve.

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Micro Flora in Your Colon

Bacteria in your colon are referred to by many different names – probiotics, good or bad bacteria, beneficial bacteria, acidophilus, disbiosis, micro flora, proflora., friendly flora, and unfriendly bacteria.

I simple use good and bad bacteria to refer to all the bacteria that exist in the small intestine and your colon.

Your colon has both good and bad bacteria. The good bacteria maintain the health of your colon by keeping the bad bacteria from multiplying.

Most people have bad bacteria as the dominant condition in their colon. You can see this by the illnesses that exist throughout the world. Most people later in their life suffer from diseases that resulted from colon neglect and abuse.

Bad bacteria multiples when you,

- Consume poisons such as pollution, pesticides, food additives,
- Drink alcohol
- Eat processed foods
- Have excess anxiety
- Lack fiber in your diet
- Use birth control pills
- Use drugstore laxative
- Use drugs and medication

Good bacteria in your colon consists of hundred of species of bacteria. The good bacteria are most active in a pH of 5.9 to 6.9- an acidic environment. This makes for a healthy colon.

Your colon serves as a home for the good bacteria, which ferment specific carbohydrates, which in turn keep your

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colon environment slightly acidic. The acid environment favors the good bacteria and keeps the bad bacteria and pathogens from multiplying.

The bad bacteria create an alkaline environment and are most active in a pH of 7.1 to 7.9

The good bacteria create an acidic environment and are most active in a pH of 5.9 to 6.9

Acidophilus and Bifidus are the main good bacteria that exist in your colon. The ascending colon has the most bacteria. The quantity of bacteria becomes less in the transverse colon and lesser in the descending colon. Eventually, little bacteria is found in the sigmoid and rectum.

When good beneficial bacteria is dominant, in your colon, it prevents the spread of disease from various organisms – parasites, bacteria, viruses, fungi. The specific organisms are,

Shigella, salmonella, viruses, encephalitis, protozoan, amebas, staph, herpes, flu and cold viruses, comphylobacter,

and CMV, which creates killer diseases such as dysentery, blood poisoning, meningitis, pneumonia, influenza and encephalitis.

The good bacteria keep these organisms in the minority, thus preventing them from multiplying, getting into the blood and into the different body organs. They do this by their antibiotic like secretions, lactic acid production, and other secretions, which keep their environment acidic.

The good bacteria live and thrive on carbohydrates. When your body has good digestion and little carbohydrates reach your colon, the good bacteria population decreases and the bad bacteria become dominant.

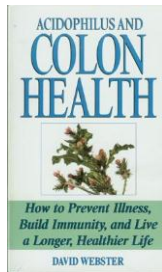
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Good bacteria need to be fed to keep it dominant in your colon. If there are any good bacteria left in your colon, then by feeding them, you can get them to multiply. If there are not any good bacteria in your colon, then you cannot reestablish the good bacteria by eating specific carbohydrate foods. To reestablish good bacteria, under this condition, you must do a flora enema.

In his book, **Acidophilus and Colon Health, 1999**, David Webster, also says,



“Indicators of a healthy colon flora are a soft but well-formed stool, with amber color and little or no odor, and that floats in water most of the time. When the stools are dry, dark brown, too solidly formed or too loose, and especially if there is a putrid odor, these are clear indicators of a putrefactive, alkaline-producing colon flora. Chronic constipation, diarrhea, and irritable bowel syndrome are often eliminated when your colon is restored and maintained at a slightly acid pH.”

In his research, Webster found that feeding the remaining good bacteria edible lactose whey rejuvenates the good bacteria in your colon. By drinking 2 – 5 tablespoons or more each day in a cup of distilled water enough lactose can reach your colon and multiply the good bacteria. Webster recommends doing this for 30 days. After this period you can check your stools to see if you have reactivated your good bacteria (see chapter 9 for good stool characteristics).

**Website Links for
Edible-grade whey made specifically for feeding good
bacteria in your colon**
[http://www.thewholewhey.com/contents/products_info/
proflora.htm](http://www.thewholewhey.com/contents/products_info/proflora.htm)
or
<http://www.jayrobb.com/profpurdairw.html>

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If you are allergic to lactose or milk products, then you can use a FOS, fructooligosaccharides, syrup. FOS is useful for constipation since it acts like a fiber and stimulates peristaltic movement. FOS is not digestible so it will reach your colon where the good bacteria use it as food. It also has the ability to increase absorption of minerals in your colon.

FOS, is long chain fruit sugars, is found in fruits and vegetables. Those highest in FOS are onions, leeks, oats, garlic, Jerusalem artichoke, barley and rye.

Website Links for

FOS products in case you are allergic to milk products

<http://www.omeganutrition.com/products-nutritional-bifido.php>

or

<http://www.getyoungagain.com/yaproducts/html/products/FOSFructooligosaccharides750mgCapsules.html>

In Robert Gray's research, he has found three foods that help feed the good bacteria and help to keep your colon pH acidic. He prefers using vegetables because they are nonmucus forming foods.

1. Onions – eat at least one medium sized onion each day. The onion can be eaten cooked or raw.
2. Cabbage – eat cabbage or drink cabbage juice. Drink at least 3/4 cup of cabbage juice 3 times a day and eat at least one pound of fresh organic cabbage each day. This amount is necessary to provide the good bacteria with plenty of food to get it to multiply. Cabbage has an added advantage of suppressing the bad bacteria.
3. Sun Choke or Jerusalem artichokes – eat 4 oz of sun chokes each day. Sun chokes contains a carbohydrate called inulin, which is not digested or

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absorbed in the small intestine. This allows it to reach your colon where it feeds the good bacteria.

Bad Bacteria Domination

When you have constipation, bad bacteria multiplies and in time move into the small intestine. When this happens food in the small intestines is digested less and become fermented causing gas.

The bad bacteria are pathogen, disease producing, and thrive in an alkaline condition. This bad bacterium lives on undigested protein and causes it putrefaction. It produces ammonia, as it uses up protein, which neutralizes some of the acid making the environment more alkaline.

This bad bacterium tends to become dominant in your colon since carbohydrates are digested better than protein, making more undigested protein available for the bad bacteria.

Good and bad bacteria cling to walls of your colon. Sometimes they move into wall cell structure and live inside.

Good Bacteria Domination

Good bacteria are dominant in your colon when it is 85% of all the bacteria in your colon. When the bad bacteria are more than 15% of all bacteria in your colon, then the bad bacteria is becoming dominant and your colon starts becoming toxic and disease prone.

Good bacteria in the small intestine and colon have many functions:

- Helps digest milk and nutrients
- Suppresses the bad bacteria by keeping pH levels in your colon acidic.
- Reduces cholesterol levels

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- Produces B vitamins
- Keeps your colon walls strong so they can perform peristaltic movement
- Helps to prevent constipation
- Eliminates toxic chemicals
- Helps to eliminate gas
- Keeps the immune system up

Acidophilus and all other good bacteria in capsule or liquid form must be stored in the refrigerator. There are capsules that are designed for storage at room temperature.

Other Parasites

Your colon is also a place for other organisms to breed and live. Many are harmful to your health and enter the body in various ways – foods we eat, through the bottom of your feet, air you breathe, the water you drink, and through sexual activity.

What do we find in your colon? We find single cell protozoan, molds, parasites, fungus, viruses, bacteria, worms (round worms), and yeast (candida albicans). By eliminating constipation, eating more fruits and vegetables, cleaning and detoxifying your colon, you can rid yourself of many parasites. There are herbal formulas that will help you purge these unwanted organisms out.

Now, don't think you don't have parasites and other organisms in your colon. It is reported that 1 in 6 people have parasites in their body.

Symptoms created when you have parasites are not always clear-cut. Occasionally there are no symptoms. So, doctors are not always able say when your symptoms or illnesses are created by parasites. You can suffer from parasites for years without knowing why you don't have good health or just feel run down all the time.

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Some common types of parasites are:

- Round worms – can be up to 14 inches. You can get round worms by eating improperly cooked meat or by handling dogs or cats infested with round worms.
- Tapeworms – can be acquired by eating improperly cooked beef, pork, and fish.
- Pinworms – are mostly found in children who get them from other children by touching their infected clothing, toys and dirty hands.
- Giardiasis – is a protozoan that is common among travelers. This parasite is found in untreated water, contaminated food, and can be transmitted sexually.
- Bistoplasma capsulatum – is an infectious fungus that is found in dirt or in soil. This fungus can cause lung diseases.

Health tip: There are many good parasite remedies such as olive leaf extract, black walnut, wormwood, and grape seed extract. If you have bloating, loose bowels, excess gas, or other gastrointestinal conditions, try taking olive leaf extract or a drop or two of grape seed extract each day.

Gastrointestinal Transient Time

Transient time is the time it takes food to move from your mouth to your rectum. A reasonable time is 18-25 hours.

Three ways to check your transient time is to:

- Eat corn and leave some corn unchewed. Check your stools to see when the corn comes out.
- First thing in the morning, drink one oz of chlorophyll with 8 oz of distilled water and the juice of one lemon. Eat breakfast and then check how long it takes to see green stools.
- Drink some beet juice with your next meal. See how long it takes to see red stools.

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CHAPTER 4: How Fruit Juice Remedies Help You Reduce Constipation

Fruit Juice Constipation Remedies

Look at the different remedies listed in the different chapters and use the one that feels right for you. Maybe it is the one where you have all the ingredients. Or, it could be the one you are familiar with the ingredients.

Ok let's get started. We are going to start listing the ways you can get relief from your constipation. For those who have been constipated for three to five days, you can use any of the methods listed.

Keep in mind that even the simplest method can work even with long constipations. Each one of you is different and will react differently with specific remedies.

For Difficult Constipation Cases

For more difficult cases of constipation, sometimes more than one remedy might be necessary to relieve your constipation. From the list that follows you can use one remedy and if this does not work keep using this remedy but start using a second.

For Mild Constipation Cases

For cases of mild constipation it may take a day or so to get your bowels moving again. For a more moderate case it may take 2-4 days. For a severe case it may take a week or so since your bowel wall may be weak and needs toning.

Health Alert: If you use natural foods with laxative effects, their laxative effect diminishes after long-term use.

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Before or after clearing your constipation, start making some changes to your diet and lifestyle, so you can relieve your constipation sooner or prevent it from coming back.

Health Alert: If you have diabetes or adrenal fatigue, limit your use of fruits and juices when you first wake up in the morning. However, exercise in the morning will help you tolerate drinking some juices in the morning

Organic Juices

Organic fresh made juices have cleansing and laxative action. These juices contain loads of mineral, bioflavonoids, vitamins, enzymes, antioxidants, and other nutrients. Citric fruits have citric acid and the more tart they are the more acid they have.

Fresh juice is a fast way to get all types of nutrients into the blood quickly. As juice nutrients get into your blood, they suck out toxics and build up tissues. In your colon they destroy bacteria, feed wall tissue, pull out toxins, and activate peristaltic action.

Health Tip: Even though juices provide helpful action throughout the body, it is best to limit their use and drink them in larger quantities only when trying to accomplish certain health benefits.

When juicing fruits and vegetables, the more fiber that is left with the juice the better results you will get with your constipation.

It is always best to use fresh juices, but as a last resort using packaged juices will be better than not drinking anything.

Method 1: Apples and Apple Juice

Apples are good for eliminating constipation because they are high in pectin, a soluble fiber, have many minerals, and

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contain sorbitol - a natural sugar, which stimulates peristaltic action. Pectin helps to detoxify the intestines and promote regular bowel movements.

The fiber in apples adds weight and bulk to your fecal matter and helps draw water from your colon into the fecal matter keeping the stool from becoming hard and thus preventing constipation.

Apples are one of best fruits to eat because they are high in minerals, which provide alkaline electrolytes to your body. What this does is neutralize acids that are created during illness, anxiety, anger, exercising, breathing pollution, and improper eating. Body acid is a major reason we get deadly diseases as we age

Make eating apples or drinking fresh apple juice a daily habit. They are also effective in liver and gallbladder problems.

Here's what to do.

Use crisp and hard apples such as granny smith, fuji, or gala for juicing.

Drink three glass of apple juice each day, morning, noon, and evening. In combination with drinking fresh apple juice, eat 3-4 apples each day to get fiber.

One-day apple and apple juice fast

You can also do a one-day apple and apple juice fast by,

Eat 3-4 apples during the day. Drink apples juice every two hours. Don't eat anything until the next morning. Then, start changing your eating habits as listed in the chapter 16.

If you do not want to do a one-day fast then eat your apples and drink fresh apple juice morning, noon, and night.

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Apple cider vinegar

Take 1-2 tablespoons of apple cider vinegar with 8 oz of water every day. And, add apple cider vinegar to your salad as part of your salad dressing. Just adding it to your salad will help to kill any bacteria or parasites that are in your vegetables. Apple cider vinegar will also kill any bacteria or parasite in your stomach that can cause you to have diarrhea.

Apple and Pear Juice

Prepare equal amounts of fresh apple and pear juice. Drink this combination when you first wake up and one hour before bedtime.

Juice the pears that are slightly hard. If the pear is ripe, it is best to blend it whole with apple juice to create a thick drink. Using the whole pear will give you additional fiber. Just remove the seeds but do not peel the organic type.

Pears have minerals, vitamins, and chemicals that help to clean out your colon, kidney and to regenerate your blood cells.

Method 2: Apple Juice and Prune Juice

If you have a juicer you can make fresh apple juice and drink 3-4 glasses a day. You can also drink store-bought apple juice but try to get fresh squeezed and not the type that has been flash pasteurized or pasteurized. If you can find fresh apple juice then use flash pasteurized.

Health Tip: [Buy your juice in glass containers if possible.](#)

Plastic containers are processed using solvents that stay in the container walls and gradually outgas into the apple juice. This out gassing is more severe when plastic containers are stored in hot places.

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To speed up the laxative effects of apple juice, take the following combination first thing in the morning before you have breakfast,

Drink 2-3 cups of prune juice.

After ½ hour, drink one cup of apple juice

Then, 1-hour later drink another cup of apple juice.

I usually buy my prune juice in a bottle and fresh squeeze my apple juice.

Be prepared to head for the bathroom after you drink your prune juice and your first glass of apple juice. You may need to head to the bathroom soon after you drink prune juice, everyone is different. I have used this combination and have recommended it to my clients and have had good results.

Prune juice by itself is good for constipation. It is a safe, gentle and an effective laxative. Drink a cup in the morning and a cup in the evening. Prune juice contain the substance **dihydrophenylisatin**, which is responsible for the laxative action. Prunes are also high in iron and are a great supplement if you are anemic or low on iron.

If you add prune juice to your diet, do not drink as much of it as you would when you have constipation. Drink ½ glass in the morning and perhaps ½ glass in the evening.

Method 3: Apple Juice, Figs and Raisins

Here's another recipe using apple juice. Use it the first thing in the morning before breakfast.

In a blender, put in a cup of fresh apple juice. Add equal amounts of dry or fresh figs and raisins. Choose how many figs and raisins to use. You will need to experiment a little. Get a consistency that is not too thick. Add a little more apple juice if needed.

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Method 4: Oat Milk with Fig Juice or Prune Juice

Buy oat milk at the health food store. In the morning, warm 8 oz of oat milk and add the following:

- 3 oz of fig juice or prune juice
- two droppers full of licorice extract.

Or you can mix one glass of 50% fig juice and 50% prune juice. Drink this first thing in the morning.

Method 5: Stewed Figs

Take 10 – 12 calimyma figs and stew them in two glasses of water (16 oz) for 10 minutes. Let them sit in this water overnight.

In the morning remove the figs, warm and drink the juice. Eat the figs though out the day.

Or prepare a blended drink of,

- three or more figs, fresh or sun dried
- one banana
- 1 tablespoon of honey or molasses
- one cup of rice dream

Drink first thing in the morning and any time after lunch or dinner.

Method 6: Mulberry Juice

Mulberry juice has many health benefits. It is good for digestive tract illnesses. It can stimulate digestion and assimilation of nutrients in the small intestine. It is useful for older people for reliving constipation.

Mulberry contains many minerals and vitamins.

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Method 7: Berries and Cherries

Boysenberry

Boysenberry juice has a gentle natural laxative action on your bowel. When your constipation is mild, this juice will help move things in your colon.

Blackberries

Mix ½ cup of distilled water and ½ cup of blackberries. Drink this first thing in the morning to promote peristaltic movement. Drink this often and it will make you regular. Blackberries are high in vitamin C.

Cherries

Cherries are high in antioxidants, fiber, potassium, and many other minerals, which are effective in neutralizing body acid. Cherries contain vitamins B-1, B-2, folic acid and niacin.

Cherries have laxative effects and can start peristaltic action.

Eat fresh cherries throughout the day or drink three 8 oz glasses of cherry juice during the day.

Buy cherry juice in glass container.

Elderberry Juice

Can be used to help reduce the symptoms of colds, flu, and diabetes. It also helps to relieve constipation, diarrhea, and hemorrhoids. Drink 1–2 glasses each day. Increase the quantity if necessary.

Method 8: Citrus Juices

Citrus juices are an excellent way to stimulate your colon and other parts of the body. Since your colon is less active at night, drinking juices as soon as you awaken and get up can stimulate strong peristaltic action and promote a bowel movement.

Lemons

Lemons are filled with minerals, especially potassium, Vitamin C, and bioflavonoids. They have a cleansing action for the entire body.

Fresh lemon juice is the king of fruit juices. It contains citric acid, which acts in the body in a way no other juice does. First it acts on the liver to build up its enzymes so it can detoxify toxins in the blood. Then it combines with calcium to form soluble chemical substances. This makes it effective in removing kidney and pancreatic stones, plack build up along artery walls, and other calcium deposits that occur in the body.

When the liver, gallbladder, and pancreas are not working right, food digestion is affected. This in turn will create constipation.

Use lemons moderately since they break up oils during digestion and in our body making oils less available to our cells and joints.

Health Alert: If you have lemon allergies or ulcers then you should avoid lemon juice. If you have arthritis lemons are not a good choice.

Here's what to do:

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Squeeze one lemon into a glass of warm distilled water. Drink it first thing when you wake up. Don't drink anything else for at least 1/2 hour

You can use a citrus press to juice the lemon or just squeeze it to get the juice out.

Grapefruit Juice

Instead of drinking lemon juice, drink a glass of fresh squeezed grapefruit first thing in the morning. Again wait at least 1/2 hour before you eat anything.

Health Drug Alert: If you are taking any anticonvulsant drugs, birth control pills, estrogen, protease inhibitors and even other types of drugs avoid drinking grapefruit juice. It slows the breakdown of certain drugs allowing them to increase in the blood to dangerous levels.

Grape fruit and Orange Juice

One drink I like in the morning is a combination of grape fruit and orange juice. Just prepare a half and half drink of these citrus fruits and drink it first thing in the morning.

Method 9: Pineapple Juice

Drink a glass of pineapple juice first thing in the morning. Don't eat anything for at least half an hour. Then drink another glass at noon and just before you go to bed. Do this for the next three days.

Method 10: Coconut and Carrot Juice

Mixing fresh coconut and carrot juice provides a tasty drink that has good laxative effects. Experiment with the amount of each juice you want to mix according to your taste. Drink this mixture for three days. If you are not getting results add another method listed in this e-book.

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CHAPTER 5: How to Use Plain Fruit Remedies to Speed Up Your Stools

Fruits the Perfect Food

Fruits are made by nature and are a perfect food. They contain the right balance of nutrients with distilled water. You gain enormous benefits from eating fruits especially if you eat the outer skin. They are eaten without cooking. They are easy to digest and absorb and do not stress your colon.

Fruits contain fiber, which help to cleanse your colon and prevent constipation. Most fruits help provide the body with minerals that help the body reduce acid as it is created. And most important of all, fruits help cleanse the body of mucus slime that accumulates throughout the body.

Fruits do not leave any slime residue in the body when eaten except when they have pesticides and preservatives in their outer skin. They do not ferment or putrefy in your colon, as do processed foods, dairy products and meats.

Choose your fruits carefully. They should be eaten when they are fully ripe. Do not eat them if they are under ripe or overripe. In the under ripe condition they may be acidic and in the overripe condition the many contain more natural sugar.

Fruits, vegetables, and grains contain fructooligosaccharides, FOS. It is this compound that helps to feed the good bacteria in your colon. Without an adequate supply of FOS, good bacteria will dwindle and bad bacteria will flourish.

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Method 11: Just Plain Fruits

Eat fruits throughout the day but especially in the evening. This will help to promote a bowel movement in the morning. These are the fruits you should eat.

- Apples
- Apricots
- Avocados
- Bananas
- Blueberries
- Boysenberries
- Cantaloupes
- Cherries
- Figs and dates
- Grapes
- Lemons
- Papayas
- Peaches
- Pears
- Persimmons
- Plums
- Prunes
- Raspberries

Apples

Eat 3-4 apples a day to relieve constipation. It does not matter what type of apple you eat, but I like gala or fuji apples since they are small and crisp.

It is best to use fresh organic apples when eating apples as a snack since you will not know what pesticides were used in growing the apples. If apples are not organic, it is better to peel the apple before eating.

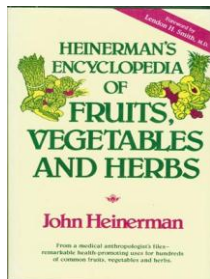
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Using baked apples also helps to clear constipation.

Eat one baked apple at night, right before bedtime, and one just upon rising. Do this until your constipation is cleared.

In his book, John Heinerman, Heinerman's Encyclopedia of Fruits, Vegetables and Herbs, describes how to bake apples:



Cut apples in half and clear out the centers. Add chopped dates to the center. Pour some cranberry juice over the dates and apples. Then sprinkle cinnamon and nutmeg on the top. You can pour cranberry juice on some of the apples and see if you like the taste after they are cooked. Cook apples for 46-60 min at 375-400 C.

Dried Apples

Dried apple slices are also a good source of fiber. However, when the slices are dehydrated most nutrients are lost but fiber is retained. Sulfur dioxide is typically used to dry apple slices and this can cause allergic or asthmatic reactions in some people. I do not recommend using dried apple slices in place of fresh organic apples.

Just Apples and Mineral Water

Just after waking, eat two unpeeled apples, chew well, and then drink 8 oz of water that has two drops of Alkalife. Or, you can use any other mineral additive or supplement you use.

This combination of apples and activated mineral water will stimulate your colon to become less sluggish and to move fecal matter out of the rectum.

I find Alkalife on e-Bay. This product cost \$29.00 on the internet, but I have bought it for \$17.00 on e-Bay.

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Web Link for Alkalife

Just type in the work **Alkalife** in the search window at:

<http://www.ebay.com>

to learn more about **Alkalife** go to:

<http://www.healthymagnets.com/cgi-local/SoftCart.exe/alkalife.htm?E+scstore>

Apricots

Apricots are one of most nutritious fruits since they are high in fiber, vitamin A, C, potassium, and have many other minerals. One apricot has around 1000 IU of vitamin A. This vitamin is mainly in the form of the precursor beta-carotene.

Apricots have a laxative effect and are usually available during the summer. Dried apricots are also good and are much higher in vitamin A and in minerals.

Use dried apricots that have not been dried with sulfur dioxide. Some people are allergic to sulfur dioxide and it is considered a pollutant that is found in our air. This chemical is a preservative that prevents apricots from turning brown.

Health Alert: If you have an ulcer, eating apricots with sulfur dioxide can increase your stomach acid and aggravate it.

Avocado with Apple Cider Vinegar and Lemon

Here's a recipe that will make you go to the bathroom in a couple of hours.

Peel 1-2 avocados

Add a little sea salt

3-4 tablespoons of apple cider vinegar (to taste)

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1-2 tablespoons of lemon (to taste)

Mix all together and spread on your favorite crackers

Have a good time eating

Yes, avocados are high in fat but it contains the fat that is good for you, monounsaturated. In 4 oz., half of an avocado contains 500mg of potassium and folate.

Bananas

Bananas are rich in potassium. They assist in healing open wounds in the interior body membranes. They are helpful in stopping diarrhea and at the same time in promoting bowel movements.

Eat two bananas on an empty stomach followed by a glass of distilled water. After your constipation is cleared, eat only one banana each day.

Blueberries

Blue berries can act as a laxative for some people despite its use to stop diarrhea. These berries have chemicals, anthocyanosides, that can kill bacteria and viruses

Blueberries are also good for reducing inflammation. This makes them good for inflammations that occur all along the gastrointestinal tract.

Boysenberries

Boysenberry juice has a gentle natural laxative action on your bowel. When your constipation is not extra serious this juice will help move things in your colon.

Cantaloupe

Cantaloupe is one of best fruits you can eat. It contains many minerals and has Vitamin A and C. It is high in

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potassium. It has plenty of fiber and is useful for constipation.

Cherries

Cherries are high in potassium, fiber, and many other minerals, which are effective in neutralizing body acid. They contain vitamins B-1, B-2, folic acid and niacin.

Cherries have laxative effect and can start peristaltic action.

Eat fresh cherries throughout the day or drink 3 glasses, 8 oz, of cherry juice during the day. Buy cherry juice in glass container.

Dried cherries can also be used except the can be expensive.

Figs and Dates

Figs are high in fiber and can provide a gentle action on your colon when you have been constipated. This action can take about 24 hours before it takes place.

The use of figs and dates combined can have a stronger action on your colon.

Web Link for Fig Syrup

<http://www.baar.com/figsyrup.htm>

Grapes

Grapes have a good laxative action. Eat 1-2 lbs of grapes though out the day. Reduce the amount of food you eat during the day. Eat more vegetables and other fruits. Reduce the amount of processed foods you eat.

Grapes are high in vitamins and minerals. They have good fiber content and are especially high in manganese.

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Since they are high in sugar, bugs are attracted to them. This causes farmers to spray them with pesticides. Try to find them at the farmers market as organic or not sprayed.

Papaya

Papaya is well known for its enzyme papain. Its minerals help reduce cell waste and eliminate stomach and colon mucus.

Persimmon

Eat 2-3 persimmons each day, if they are available. They help to keep you regular.

Plums

Fresh plums are filled with minerals and have a mild laxative effect. They can relieve gas and have a cleansing effect on your intestines.

Prunes

Prunes are dried plums. Eat both for their natural laxative effect. Prunes are more effective than plums for constipation. Buy a bag of dried prunes and eat them throughout the day. Aside from this laxative effect, prunes are high in iron.

Raspberries

Raspberries are high in vitamins A and C. They are high in magnesium, calcium, and iron. They are helpful in clearing constipation.

Let's go to the next chapter.

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Chapter 6: Vegetable and Vegetable Juice Remedies That Act Like Laxatives

The benefits of Vegetables

Juices are absorbed quickly into your bloodstream. As a result, your cells are provided quickly with nutrients that feed them and that wash away waste. Juices give you the opportunity to get quick relief from various body conditions such as constipation. Juices move into your colon quickly to cleanse it and to activate peristaltic action.

Eating and drinking vegetables and their juices provide you with minerals and nutrients that build your blood, tissue, bones, and cells. It is minerals that build every part of your body. It is minerals that keep your body's pH at the required level. It is minerals that keep your body alkaline by neutralizing body acids.

It is minerals that build your colon wall tissues and cells so your colon can perform those activities that prevent constipation.

So, let's look at which vegetables and vegetable juices can help you end constipation.

Keep in mind that some natural recipes for clearing constipation require drinking vegetable juices that are bitter or have a strong taste. As you will find, some of the vegetable juices taste good and some don't. Remember you are dealing with a condition that needs clearing and that what you drink for this is not for pleasure.

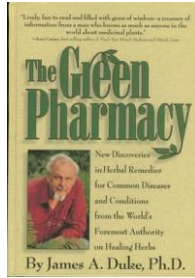
As you drink some of these vegetable juices, you may find that you like certain ones and these can become your regular daily or weekly drink.

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Method 12: Rhubarb Mix

James A. Duke, PhD, in his book, *The Green Pharmacy*, gives the following constipation remedy using rhubarb.



"Rhubarb has strong laxative action so it is best to use it with other juices. Here's how you can use this herb.

Blend together three stalks of rhubarb, without leaves, 1 cup of fresh apple juice, and one quart of peeled lemons and one tablespoon of honey or maple syrup.

This tart drink will help you with your constipation.

Drink one glass three times a day."

A smaller quantity of this rhubarb drink would be,

Blend three stalks of rhubarb, $\frac{1}{4}$ - $\frac{1}{2}$ peeled lemon, a teaspoon of maple syrup, and $\frac{3}{4}$ cup of fresh organic apple juice. You may add more syrup if the taste is too harsh for you. Don't use rhubarb leaves since they contain toxic chemicals.

Health Alert: Use rhubarb only raw since it is high in oxalic acid. Use it sparingly and do not cook it. Cooking converts the organic oxalic acid into inorganic oxalic acid. The body does not easily absorb inorganic oxalic and it forms crystal deposits in the kidney and throughout the body.

If you have arthritis or gout, do not use rhubarb.

Method 13: Carrot Juice

Carrot juices contain certain oils that work on the mucus membranes of the stomach and colon. This helps with digestion and starts your bowels functioning properly. Carrots are high in fiber and beta-carotene, an antioxidant, which the body converts to vitamin A. Carrots can make your stools softer and larger.

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Why are larger stools better? Because larger stools dilute toxins, exposure less toxins to colon walls, and press against colon walls to promote peristaltic action.

Drink carrot juice twice daily, once in the morning and in the evening before bedtime.

You can drink more carrot juice if you like. Its action on the body produces enormous benefits since it contains a good number of vitamins and minerals – B, C, D, E, K, carotene, sodium, and potassium. These nutrients help to clean out your colon and speed up fecal matter movement.

As you increase the carrot juice you drink, chances are you will feel a little uncomfortable. This happens when carrot juice reaches your intestines and colon and begins stirring up the toxic layers and materials in that area. This feeling will pass and is nothing to worry about.

Health Tip: If you are pregnant, drink carrot juice daily to build up your breast milk and to provide your baby with the nutrients that it needs

Method 14: Carrot Juice, Carrots and Celery

An effective way to clear constipation is to combine vegetables that are high in fiber and that have laxative effects.

Celery is high in fiber, potassium, sodium, and many other minerals. It can reduce inflammation and protect against cancer. Celery has a chemical called polyacetylene, which reduces prostaglandins that cause inflammation.

Celery has a calming effect on the nervous system. If you have been using laxatives, which have overworked your colon nerves, celery will help to relax these nerves and give them a rest.

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Adding carrot juice to celery juice provides an even better nutritional drink. This drink will help to restore nerve function in your colon and improve its health.

Celery has the highest content of organic sodium. This sodium is used throughout the body as lymph saline liquid allowing cells to work and live properly.

Celery is also beneficial for the stomach. The stomach lining is filled with sodium and this sodium necessary to prevent ulcers.

Here's what to do,

Eat carrots and celery during the day and for your salads; drink a glass of carrot juice in the morning and one in afternoon. By eating slightly steamed carrots you can increase the carotene available from the carrot by up to 4 times. However, by cooking carrots, you destroy the enzymes that will help you to digest them quickly and completely.

Boost your carrot juice by juicing with it a few stalks of celery which includes the leaves. The leaves have more nutrients than the stalk and are part of the nutritional value of the celery.

Tomato, Carrot, Celery Drink

Here's a drink you can take in the afternoon to activate a bowel movement.

With a juicer, juice some tomatoes, carrots, and celery. By experimenting you can discover the amount of each vegetable to use according to your taste. Mostly likely you will want equal amounts of tomatoes and carrots and you will want to add a few stalks of celery including the leaves.

Now, let's add a few more items to give your drink more pushing power. Squeeze in a small amount of garlic,

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onion, and radish. While juicing your carrots, juice a small bunch of spinach or parsley.

Drink 1 to 1 ½ cups in the morning.

Method 15: Carrots, Cabbage and Raisins

Because carrots contain fiber, they help to form a good stool and promote peristaltic action. By combining carrots with cabbage and raisins, you can create an even more powerful food that will help in relieving constipation. Combine the following vegetables to form an evening salad:

- Chopped carrots
- Shredded cabbage (raw or slightly steamed)
- Romaine lettuce
- Cauliflower
- Cucumbers
- A handful raisins
- Sprinkle a tablespoon of grounded flax seeds
- Mix in 1 – 2 tablespoons of olive oil
- Mix in 2 tablespoons of apple cider vinegar
- One tablespoon of lecithin granules

Eat this salad once or twice a day for three days. After that you should continue to eat a vegetable salad for lunch or dinner.

Method 16: Carrot and Spinach Juice

Combine 10 oz of carrot and 6 oz of spinach juice. Drink two pints daily. Both these vegetables have nutrients to help relieve your constipation.

Cucumber

Cucumbers are good for preventing constipation. But they can be used in the carrot-spinach juice or the apple-spinach juice. Cucumbers make these juices more powerful. Use only about ¼ - ½ of a cucumber when adding it to these

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juices. You can experiment with how much cucumber you want to add.

Cucumbers are a natural diuretic and help to dissolve kidney stones. Because they are high in potassium, they help to promote the flexibility of colon cells. This helps to keep your colon working, as it should.

Method 17: Cabbage and Asparagus

Cabbage is high in fiber and contains a good amount of potassium, foliate, beta-carotene and many other nutrients – bioflavonoids, indoles, genistein, monoterpenes. It is these various chemicals that give it its potent ability to reduce or prevent colon cancer and heal various ulcers along the gastrointestinal tract.

Cabbage is anti-bacterial and helps to heal tissues in the stomach, intestines, and colon.

Drinking cabbage juice produces intestinal gas. This gas occurs when cabbage juices combine with putrefied layers in the intestines and colon.

Health Tip: Use little or no salt on any preparation of cabbage. Salt destroys the nutritional value of cabbage.

There are many forms of cabbage you can use for your juices – green, red, savoy, bok choy

Asparagus

Asparagus are also high in fiber. They also provide foliate and vitamins A and C. Refrigerate asparagus quickly if you are not going to use them and keep them for 3 days or less. Asparagus that have not been refrigerated lose their nutritional value quickly.

Health Alert: People with gout should not eat asparagus since they contain purines that can start a gout attack.

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With a slight amount of water, steam, for 3-4 minutes, cabbage and asparagus in a glass pot. Eat just before going to bed.

Beets

Beets are high in fiber, organic sodium, potassium, Vitamins A and C, iron and calcium. If you like beets, eat 2 raw beets in the morning and expect to have a bowel movement 10-12 hours later.

Method 18: Cabbage and Beets

Blend 1/3 part beets and 2/3 part cabbage. Drink this mixture on an empty stomach. This is a strong tasting drink, but the cabbage contains a cleansing enzyme, lysozyme, which absorbs bacteria and toxins. This toxic material is eventually moved out in the fecal matter. Beets also promote bowel movements.

Cabbage and other juices

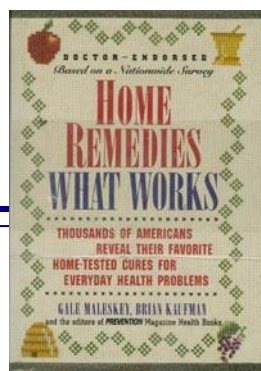
To make cabbage juice tastier, mix it with celery stalk and leave juice, tomato juice, and a citrus juice or pineapple juice. This juice can be used in the morning or evening.

Make a cabbage soup with ginger

Method 19: Sauerkraut Juice

Sauerkraut juice has long been a remedy used by many people who have been constipated.

In their book, **Home Remedies What Works**, Gale Maleskey and Brain Kaufman, discuss sauerkraut juice.



“I’ve used sauerkraut juice many times to relieve constipation of five or six days’ duration, and it has

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always worked for me,' says Jacqueline, 49, a Floral Park, New York, housewife. She picked up the remedy from her father, who used to drink sauerkraut juice regularly. 'He lived to be 86 years old and never had any health problems,' she says.

She simply drains the juice - usually about $\frac{3}{4}$ cup - from a large can of sauerkraut, then drinks it. 'For me it works as well as milk of magnesia. I can count on results in about 1 to 1 $\frac{1}{2}$ hours.' She's not alone. Several other people said sauerkraut juice is an effective laxative"

Health Alert: [Sauerkraut juice should not be used regularly since it is high in salt. The salt helps to pull water into your colon, which helps to relieve constipation. In this process, electrolyte minerals are also flushed out. Regular use of sauerkraut can deprive the body of vitally needed minerals and cause a health problem.](#)

Sauerkraut and Tomato Juice

Perhaps a more tolerable drink using sauerkraut is to prepare it as follows:

Mix equal parts of sauerkraut and tomato juice. Add a touch of lemon and drink this twice a day, once in the morning and then in the evening.

Method 20: Sweet potatoes

Sweet potatoes can help get you regular. Prepare sweet potatoes just before you go to bed. Boil or bake the sweet potatoes. Then eat them with some add milk, some salt, honey or sugar. This mixture for sure will get your bowels moving.

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Corn

Cook corn for about 5-7 minutes. Don't overcook it. This will provide you with a great source of fiber. Eat more cooked vegetables until your constipation is cleared. But be sure to just cook them for a few minutes to soften them slightly. Cooking them too long makes the fiber too soft and less effective in your colon.

Method 21: Greens

In her book, *Healthy Digestion the Natural Way*, Berkson outlines a base for a "tasty green" recipe. I have changed it slightly to make it more powerful for relieving constipation.

In a pan add some water with one or more teaspoons of olive oil. Turn the heat on and sauté some garlic. Now add small pieces of chopped broccoli. Cover and cook for around two minutes. Next add a bunch of spinach, chard, collar greens or kale, which ever green you like. Cook for a few minutes. Add some water or oil as needed.

Serve with a pinch of apple cider vinegar, lemon juice, or balsamic vinegar. Add a bit more olive oil, or flax seed oil.

This provides an excellent source of fiber, chlorophyll, good oil, and minerals to help clear your constipation.

Health tip: When using flax seed oil do not heat it. Use it only at the end of the heating cycle, when you are ready to eat your food.

Another Green Remedy

In boiling distilled water, add mustard greens, collard, chard, and turnip leaves. Any three will do. Allow too cool slightly. Then eat the greens and drink the water. This will promote a bowel movement.

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Endive Leaves

Endive lettuce has a bitter taste. However, its juice is good for clearing constipation. Use this juice in small quantities with other juice mixtures. Mix it with a carrot, spinach and apple mixture

Method 22: Radish with Sesame oil

For constipation, mix 2 tablespoons of grated radish with 1 tablespoon of sesame oil. Take this daily to clear your constipation.

Parsnips

Parsnips contain more fiber than most other vegetables. This makes it ideal for helping clear your constipation. Use small ones since they are tenderer than large ones.

Parsnips are also high in potassium and contain chemicals that neutralize carcinogens in the small intestine and colon.

Ok, let go to the next chapter.

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Chapter 7: Fruit and Vegetable Combination Remedies That Activate Peristaltic Action

Method 23: Apple Juice and Spinach Juice

Here's a recipe that I recently found in [Heinerman's Encyclopedia of Healing Juices, 1994](#). Heinerman says to,

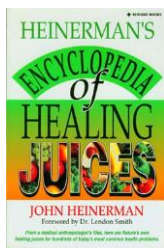
mix equal parts of apple juice with spinach juice.

I use one or two small apples and one bunch of spinach. Spinach does not have a strong taste for me so I only use one apple. But if it does for you, then use two apples or more to make this drink tasty.

Take two cups each day, one in the morning and one in the evening. Continue taking this mixture for about two weeks. After this time, evaluate how you feel and decide if you want to continue taking this mixture. If so, use this drink at a reduced interval – twice a week or once a week.

What I have experienced with this mixture is after 3-4 days of use, my bowel movement in the morning comes out in 3 seconds and that's it. Then I was ready for my shower.

Here's what Heinerman says about this apple/spinach combination,



"I've put many clients on two cups of this apple-spinach juice each day for up to a week and have had testimony after testimony come back to declaring how the most difficult cases of constipation, which no laxatives could begin to touch, had suddenly cleared up within a matter of

days!"

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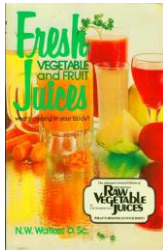
In addition, Heinerman claims that this juice combination has a cleansing action on your bowel walls. It helps to remove some of the encrusted fecal matter that collects on your colon wall over the years.

Raw spinach juice is high in oxalic acid, which binds with calcium in the body when it is cooked. Even though you use it uncooked, in this recipe, I still recommend you take a calcium supplement with this apple/spinach combination.

I recommend 1:1 magnesium: calcium combination of about 600-800 mg. For good intestinal absorption of these minerals, use Calcium Aspartate, Calcium Lysinate, Calcium Citrate or a combination of all three.

Notice that I recommend using a 1:1 ratio, which give equal amounts of magnesium and calcium. Most combinations you find in health food stores provide these minerals in a 1:2 combination. This combination gives twice as much calcium as magnesium. It is better to have equal amount of calcium and magnesium since magnesium is necessary for proper absorption of calcium.

N.W Walker D.Sc., in his book, *Fresh Vegetable and Fruit Juices*, 1978, says,



“Organic oxalic acid is one of the important elements needed to maintain the tone of, and to stimulate peristalsis...oxalic acid in our raw vegetables and their juices is organic, and as such is not only beneficial but essential for the physiological functions of the

body.

The oxalic acid in cooked and processed foods, however, is definitely dead, or inorganic, and as such is both pernicious and destructive.

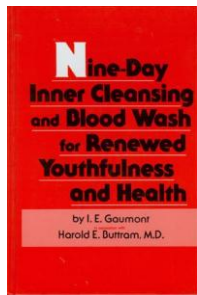
When the Oxalic acid has become inorganic by cooking or processing the foods that contain it, then this acid forms an interlocking compound with the calcium even combining with the calcium in other foods eaten during

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the same meal, destroying the nourishing value of both. This results in such a serious deficiency of calcium that it has been known to cause decomposition of the bones. This is the reason that I never eat cooked or canned spinach."

I.E. Gaumont and Hrold E. Buttram, M.D also recommend spinach for constipation. In their book, **Nine-Day Inner Cleansing and Blood Wash for Renewed Youthfulness and Health**, they say,



"SPINACH is a protective food, particularly for the glands. A high source of vitamin A, and rich in chlorophyll, it is helpful in high blood pressure, functional heart trouble, anemia... It is indicated in medical circles that raw spinach juice taken in quantities amounting to about one pint daily has often corrected the most aggravated case of constipation in a short period of time."

Spinach is the richest plant source in folic acid and shortage in this vitamin can create constipation. It is also high in antioxidants beta and alpha carotene, lutein and zeaxanthin as well as potassium, magnesium, vitamin K.

Celery, Spinach, grapefruit drink

Here's another juice drink you can make using spinach. Mix a combination of spinach, celery, and grapefruit juice. Drink this first thing in the morning.

Method 24: Sauerkraut and Grapefruit Juice

This is a fast working remedy, if you have a blocked colon.

Drink 8 oz. of warm sauerkraut juice
Follow this with 8 oz. of warm grapefruit juice

Be ready to head for the bathroom.

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If this fails to rush you to the bathroom, try this combination again 45 minutes later.

You can also use just plain sauerkraut for constipation. Eat sauerkraut each day for 5 days each week.

Now, we can move to the next chapter.

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Chapter 8: Herbal Constipation Remedies That Your Mother Never Knew About

Herbal Remedies

Herbal laxatives help to promote bowel movements and relieve constipation. They remove food and toxic build up along your colon walls. When used in combinations, more than one herb, herbs provide nutrients and substances that help to feed and tone your colon walls and at the same time move fecal matter out through the rectum.

Strong Herbal Laxatives

Herbal laxatives can be weak, moderate, or strong. Strong laxatives are called cathartics or purgatives and are used when you have a severe case of constipation. The strong herbs are Aloe, Buckthorn, Cascara Sagrada and Senna. They work by stimulating or irritating your colon wall nerves which promote a strong peristaltic movement.

Care must be taken when using strong laxatives since they have an irritating effect on your colon walls and some time can be painful and griping. As with drugstore laxatives, these strong herbs can create a lazy colon requiring you to use them over and over to have a bowel movement.

You will find some herbs mixed in with drugstore laxatives.

Weak and Moderate Herbal Laxatives

The best herbal laxatives to use are those that promote digestive juice secretions, which activate a bowel movement. Moderate herbal laxatives are herbs like licorice, Wahoo, Yellow Dock, Balmony, Barberry, Dandelion Root, flax seeds, and pysillium seeds.

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Some herbal combinations are listed below that combine weak, moderate, and strong herbal laxatives. These combinations provide the benefits of both herbs and reduce the strong effects of the individual herbs.

Preparing Herbal Teas

When preparing a herbal tea, called an infusion, it is best to only use a glass, porcelain-lined or stainless steel pot with a cover. Boil distilled water, then, remove the pot from the stove. Do not use a microwave to heat your water. Microwaves change the electrical characteristics of water.

Place the herbs into hot water and stir. Cover the pot and let it sit for 5-30 minutes. The longer herbs sit in the water the stronger the tea becomes. After the tea cools a bit, strain it and it is ready to drink. If the tea is too bitter for you, you can add a touch of honey.

Use one teaspoon to one tablespoon of mixed herbs to 1 ¼ cup of distilled water.

Health Alert: If you are pregnant, do not use any of herbs listed in this chapter, since they are designed to promote contractions in your colon and surrounding areas.

Children's Herbal Dosage

When giving children herbal products use more care. Give a reduced amount based on the adult dosage.

Children's Age	Herbal Dose
10-14 years	½ adult dose
6-10 years	1/3 adult dose
2-6 years	¼ adult dose

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Method 25: Licorice Root

Licorice root has a mild laxative effect. It is good for ulcers and inhibits the growth of harmful viruses. It has high sugar content, so diabetics should use it with caution.

Health Alert: Licorice root stimulate the endocrine system to use potassium and sodium at a faster rate. So it would be wise to be using Alkalife in your drinking water when using licorice.

Licorice may also lower testosterone level in men. Men suffering from impotence, infertility may want to avoid this herb.

Licorice makes your body hold water. Do not use Licorice if you have high blood pressure, are pregnant, or use corticosteroid drugs. Licorice root may increase the side effects of these drugs.

If using digoxin, or diuretic drugs do not use licorice root since it pushes potassium out in the urine. DEGLYCYRRHIZINATED, DGL, may be O.K. to use with these drug but check with your doctor to make sure.

Prepare 1 cup of tea using one tablespoon of licorice root. Drink 3 times each day.

Method 26: Anise seed tea

Anise seeds produce a tea that can improve your digestion, which helps to reduce constipation. Anise seed tea is also good for improving memory, brain activity, and overall body health.

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Take two tablespoons of anise seeds and put them into a coffee grinder. Press the start button for 2-3 second just to break up the seed lightly.

Make a tea with these seed as follows:

boil 1 ½ cup of distilled water in a glass pot. Pull the pot off the stove and put the seeds into the water and cover the pot. Let the seeds sit in water for 10-15 minutes to make a good strong tea.

Drink one cup of this tea first thing in the morning.

Method 27: Alfalfa Tea

Alfalfa helps to relieve constipation. It is rich in fiber, minerals, and chlorophyll. It is helpful in improving gastrointestinal function.

Health Alert: Warfarin and alfalfa interaction – Alfalfa is a high source of vitamin K, which helps blood to clot. This has the opposite of effect of the drug Warfarin, which helps to thin the blood to avoid clotting. If you are under a doctor's care and using Warfarin consult your doctor before using Alfalfa herb.

Alfalfa has many minerals so it is considered an alkalizing food. It contains C, E, K, and B vitamins making it one of the best herbs for building the body back to health.

Since alfalfa helps reduce infections, it is useful in infections that occur in your colon and throughout the body.

Prepare a cup of tea, using a tablespoon of alfalfa leaves. Let sit it for 10 –15 minutes. This tea has a strong grassy taste and you may want to add a little bit of honey or lemon to reduce its strong taste.

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Elderflower

Drink a tea of elderflower daily to relieve constipation

Chickweed

Drink 1 cup of chickweed every 3 hours. Do this until you have a bowel movement.

Method 28: Chinese Rhubarb

Chinese rhubarb, rhubarb, turkey rhubarb has been used for many decades to relieve constipation in China. It has a strong purgative action – it encourages strong laxative stimulation. It should be combined with other herbs, which reduces its purgative strength.

Health Alert: pregnant women should not use Rhubarb.

Rhubarb, Ginger, licorice Infusion

For severe constipation, prepare an infusion of,

- 1 teaspoon of rhubarb powder
- ¼ teaspoon of ginger root
- ¼ teaspoon of licorice root

Drink 1/2 cup of this infusion and over a few days increase it to a cup.

Bentonite

Bentonite is clay from volcanic ash. It is used to cleanse your colon walls and can be used as a laxative. You will see it as an ingredient in some natural laxative formulas.

Method 29: Butternut Root Bark

Butternut root bark is considered one of the safest laxatives. This following formula is a gentle but effective laxative herb combination.

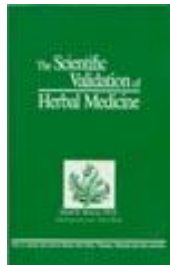
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- Butternut root bark
- Cascara sagrada bark
- Rhubarb root
- Ginger root
- Licorice root
- Irish moss
- Cayenne

This combination, with butternut, is listed in **a book called, The Scientific Validation of Herbal Medicine, 1986, by Daniel B. Mowrey, Ph.D** where Mowrey say,



“this combination is due to the effectiveness of Butternut Root Bark – a mild and effective laxative – and Cascara Sagrada – one of the most effective herbal laxatives around and in addition helps to return the natural tone of your colon.

Ginger Root contains an oil called Ginerol which helps to bind the other herbs together and deliver them into your colon which they can assist in normalizing your colon.”

Web Link for Mowrey’s herbal combination

<http://www.viable-herbal.com/prod16.htm>

Chamomile

Chamomile tea is often used as a relaxant and is useful in reducing tension, which can lead to a tight colon. It has a gentle laxative action and helps in digestion.

Drink one cup just before bed time.

Method 30: Cayenne

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Cayenne is effective in producing peristalsis in your colon by aiding in digestion and stimulating elimination. It can be used regularly and when needed for constipation.

Cayenne pepper is known to help thin the blood. So, it is good for improving the blood circulation.

Cayenne is available in capsules of different strengths, from 5,000 heat units (HU) to 100,000 and even higher. In addition, cayenne when used with other herbs helps to deliver these herbs more efficiently to where they are needed in the body.

Health Tip: Start with one capsule of 40,000 HU and always take it after you eat. You will feel a hot or slight burn feeling in the upper stomach and that's when you know its working. The feeling I get is like when I get heartburn. This burning sensation will pass as your body gets use to you using cayenne.

Health Alert: Do not use cayenne seeds, as they can be toxic. If you are pregnant or breast-feeding do not take cayenne supplements. Use cayenne only as showed on containers and only as capsules.

Health Drug Alert: Cayenne has the ability to block the ulcer producing effect of NSAIDS. It also has shown to increase the body's absorption of theophylline, a drug used to treat asthma.

In his book, *Left for Dead*, Dick Quinn tells how Cayenne pepper saved his life after coronary bypass surgery failed to restore it. In this book, Shannon Quinn, say,

"One of the most effective stimulants, mostly, cayenne targets the digestive and the circulatory system. Cayenne regulates blood pressure, strengthens the pulse, feeds the heart, lowers cholesterol, and thins the blood. It cleanses the circulatory system, heals ulcers, stops hemorrhaging, speeds healing of wounds, rebuilds

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damaged tissue, eases congestion, aids digestion, regulates elimination, relieves arthritis and rheumatism, prevents the spread of infection and numbs pain."

Use the recommended dose shown on the bottle of cayenne you use.

You can also add cayenne pepper into other foods. Add cayenne to soups, salads, and other food you like.

In soups or salads break open a cayenne capsule and mix it in. You can add 1 – 2 capsules but first start with 1/4 or 1/2 capsule so you can get use to the hot taste. I started with 1/4 capsule and the soup was hot but tasty. When I finished my soup I swallowed the remaining 3/4 full capsule with water.

If you are pregnant, it is considered safe to use cayenne.

**Web Link for
The cayenne pepper formulation created by Dick
Quinn.**

<http://www.heartfoods.com>

Method 31: Cascara Sagrada

Cascara Sagrada comes from the bark of the buckthorn tree. It stimulates your colon to produce stronger contraction than normal. It can work on the most difficult cases of constipation.

It is one of the best herbs with a strong laxative effect. It will be found in many herbal combinations that are mixed for constipation. Cascara has Chrysophanic acid, which stimulates your colon wall to produce peristaltic action. Cascara also contains a chemical called emodin which controls the strong action of Chrysophonic acid thus producing a balanced laxative effect.

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If you use cascara in a herbal mixture, do not use this mixture for more than thirty days. Then take a rest from it. Do not use Cascara in large amounts and for long periods since it can cause intestinal distress and become habit-forming.

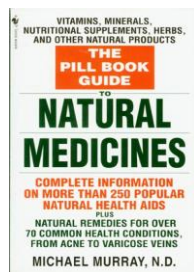
Cascara Sagrada also stimulates secretions from the liver, gallbladder, pancreas, and stomach. These secretions give Cascara additional laxative effects.

Health Alert: Do not use Cascara Sagrada if you have irritable bowel syndrome, hemorrhoids, or ulcers. Use Cascara for a limited time. It can become habit-forming and, if used for an extended time, it can increase the risk of colon cancer. Its use also causes you to lose potassium with each bowel movement.

If you have liver problems do not use cascara sagrada full strength. Use it in combination with other herbs. Cascara is known to put a strain on the liver.

You can take Cascara as a single herb. As a single herb, it can cause cramping and nausea. However, I recommend you used it with other herbs. In a herbal combination, the combination can detoxify your colon, tonify your colon walls, cleanse the blood and produce other synergistic actions.

In Michael Murray, N.D., book called *The Pill Book Guide to Natural Medicines*, he talks about the **drug interaction** of cascara sagrada,



“Cascara and other stimulant laxatives may decrease absorption of other drugs that pass through the gastrointestinal tract. If you are currently taking an oral medication, talk to your pharmacist or doctor before self-medicating with cascara.

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Cascara may potentiate the action of digoxin and other heart medications due to potassium depletion. The use of cascara with thiazide diuretics and corticosteroids may further decrease potassium levels."

Recommend dose for the cascara, as a single herb, is 350 – 1000mg just before bedtime.

Use 1-4 cascara powder capsules a night, but do not use these capsules for more than 10 days. Start with 1 capsule a night and increase the amount each day until you get results you want.

For a laxative tea, use one teaspoon of cascara bark in 3 cups of boiling water for 30 minutes. Drink 1-2 cups of tea just before bedtime after it has cooled to room temperature.

Method 31: Dandelion

Dandelion has a laxative action and helps to resolve mild cases of constipation and stomach aches. It also has a blood cleansing effect and helps to detoxify the liver kidney, gallbladder, pancreas and the stomach.

Use 1 cup of Dandelion tea, with a touch of honey, 3 times each day.

Health Drug Alert: If you have problems with your gallbladder in any form, it is best not to use dandelion. It has a detoxifying effect on the gallbladder encouraging bile flow.

Recommend dose is 200-250mg each day.

Method 32: Senna

It is known that Egyptians used senna tea to relieve constipation. This tea is used for medium forms of constipation. It is the chemicals **anthraquinones** that

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provide its strong action on your colon walls. It is readily available in health food stores or on the Internet.

Only use senna for a short time, 1- 1½ week. It is not healthy to use it for a long time since its action moves fecal matter through your colon quickly. This quick action prevents absorption of nutrients by your colon depriving you of necessary minerals and vitamins.

Health Alert: Use senna only in amounts that produce the required bowel movement and stool softness to relieve your constipation. Start with small amounts and increase your amount slowly.

Senna is sold Over-the-Counter under the name Correctol[®], ExLax[®], Senokot[®], and Smooth Move. Senokot also contain docusate sodium - a stool softener - an added benefit when hard, dry stools may cause discomfort.

Seena Tea

You can also prepare a seena tea as follows:

Buy some seena tea at a health food. Place a tea bag into 1 ½ cups of distilled water and steep. Then, add the peel of a whole red potato. Also, add a couple slices of potato meat. Add to this, a teaspoon of wheat or oat bran and flax seed.

Simmer this combination, strain it and drink the liquid. This will help some of the more difficult cases of constipation. Remember the longer you simmer this combination the stronger the tea will be. Start with a 5-10 minutes and then work up to 15-20 minutes but you need to experiment with the time.

When you drink seena tea, drink only 2-3 oz. at a time and drink it only after it has cooled down. It has less of a cramping action when you drink it cool.

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Seena Tea with Mint

Here is another seena tea you can prepare.

1 teaspoon of seena tea leaves
½ teaspoon of peppermint leaves.

Boil 8 oz of distilled water, turn the heat off, stir in the herbs. Turn the heat off and cover the glass container. Let tea simmer for 3-10 minutes.

Add honey to improve taste and some powdered vitamin C if you have it.

Health Tip: Look for formulas that have a small amount, 1/10 of a part, of fennel, anise, or ginger to reduce any cramping that might occur with seena.

Health Alert: Do not drink seena tea or capsule if you have any type of colon disease, stomach pain, diarrhea, or are pregnant.

Senna Pods are milder than the leaves since they do not contain resin. It is the resin in the senna leaves that causes griping in your colon.

If available, use around 8 pods. Heat some distilled water. Place the pods into the water for 5-10 minutes. Strain the tea and add 3-4 dried prunes or chopped prunes. Let cool and eat the prunes during the day or drink and eat a few prunes just before you go to bed. Drink only a couple ounces of the senna liquid at one time. If cramping or griping occurs, reduce the amount of tea you drink.

Method 33: Psyllium

Health alert: If you have asthma, do not take or use psyllium. Some people with asthma have had allergic reactions to psyllium and the powder from psyllium can cause an asthma attack.

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Some you may be allergic to psyllium. If you are, you may become constipated or develop dark areas under your eyes.

Psyllium is the fiber part of seed husks from plantain. It is high in a soluble fiber that is called mucilage, so it absorbs water and becomes bulky. It contains almost no insoluble fiber, yet it acts like it has both soluble and insoluble fiber. Stomach enzymes do not easily breakdown psyllium, so it moves into your colon like insoluble fiber.

In your colon, psyllium activates peristaltic action and helps to clean your colon of any stagnation that has occurred there. By adding moisture to dry hard fecal matter, psyllium helps to move fecal matter through your colon. As psyllium seeds bulk up in your colon, they push against your colon walls stimulating peristaltic action. The soluble fiber in psyllium provides food for good bacteria, which helps them to multiple.

One added benefit of psyllium is its ability to pull toxins out of bowel pockets known as diverticula's.

Psyllium is a popular ingredient in many constipation remedies on the market. Choose a psyllium product that does not have sugar, maltodextrin, or artificial sweeteners. If possible, buy psyllium in bulk form from a health food store, which may offer it in bins. In this form, it is processed less and usually contains no additives.

Here's how to use it:

For mild constipation, take 1 **teaspoon** in a glass of juice or warm water 3 times a day.

Health Tip: Work up to taking one teaspoon of psyllium by starting with ¼ teaspoon in a glass of water or juice, the next day ½ teaspoon and so on until you are taking one teaspoon. Do the same when considering taking up to 2 teaspoons of psyllium.

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Start by taking 1 **teaspoon** just before going to bed. After drinking your glass of psyllium seeds, follow this up each time with another 8 oz of clear distilled water.

For moderate constipation, take 2 **teaspoons** in a glass of juice or warm water daily. Start by taking 2 **teaspoons** at breakfast time.

It can take up to 3 days to get relief and that depends on the dose you take.

Use psyllium seeds with care. Some cases have been found where psyllium seed parts have lodged in your colon wall, causing an irritation. When using excessive psyllium seeds, it is possible that it can deposit on your colon wall if you already deposited toxic waste there. This adds to the encrustation along your colon wall.

Health alert: Continue to drink water during the day, up to 8 glasses a day, when using psyllium seeds. This helps push the seeds through your colon and not deposit along your colon walls. Remember the seeds bulk up and absorb water and you don't want them to cause constipation by bulking up and getting stuck in your colon.

Health Tip: Use psyllium seeds only long enough to relieve your constipation. Excessive use of psyllium can cause allergic reactions and can cause constipation if used incorrectly.

Agar-Agar and Psyllium seeds

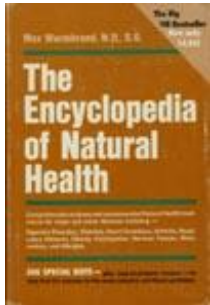
Agar and Psyllium seeds are mostly soluble fiber, which absorb a lot of water and bring it into your colon. This creates bulk in your colon, which puts pressure on your colon walls leading to peristaltic movement.

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In his book, *The Encyclopedia of Natural Health*, 1962, Max Wrnbrand, N.D., D.O., recommends that,



“Remedies containing agar-agar or those manufactured from psyllium seeds or other water-retaining substances are often used to relieve constipation. These remedies act up your colon because of their build and because they absorb a great deal of water, which is then carried into the large intestine. We do not object too strenuously when these remedies are used to meet a temporary need, but must stress the fact that while they provide relief, they will not correct the underlying weaknesses, which can be done only through the use of good foods, corrective exercises, and a rational way of living.”

Agar-agar is seaweed, which is also known by other names – dai choy goh or kanten. Like psyllium it is mostly soluble fiber. One disadvantage of these fibers is that once they form their bulk in your colon they hold in nutrients that should be absorb through your colon walls

Agar is useful in improving digestion, pulling toxins out of your colon and reducing hemorrhoids.

Method 34: Ginger

Ginger acts like a transporter to deliver herbs to a specific organ. It contains oil called **Ginerol**. It is a resin type oil that binds to other herbs in a herbal formula and helps delivers them to your colon. If a particular herb works on a specific organ, then ginger acts like a transporter to deliver that herb to that specific organ

Ginger can stimulate your colon to peristaltic action. It can be used as capsule or as a tea often to keep your bowels moving. In difficult constipation issues, ginger can be used

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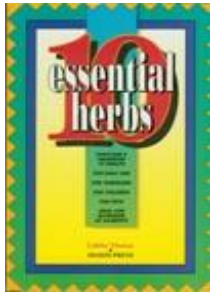
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as an enema and at the same time taken as a capsule. It is a gentle colon stimulant.

Ginger is best used in combination with other herbs such as cascara sagrada or rhubarb root. Ginger reduces the discomfort of these strong laxatives and helps to strengthen weak colon walls so peristaltic movement is regained.

Health Tip: **Ginger has not been tested to determine its effects on pregnant women. It may not cause a problem, but it is best not to take ginger while pregnant or to consult with your obstetrician before taking it.**

In the book, 10 essential herbs,1992, Lalitha Thomas gives the ginger combination to relieve constipation.



**“Chop one oz. fresh Ginger root or one tablespoon of Ginger powder if the root is not available
Add to this 2 Tablespoons of whole flax seeds
Simmer in 2 cups of distilled water for 15 minutes
Add honey, unsulfured molasses, or pure maple syrup to taste.”**

Thomas recommends drinking 1-2 cups of this tea daily and points out that it is safe for children to use but half of this dose.

Method 35: KYOLIC

Kyolic is a special garlic preparation, which is aged for 20 months in stainless steel tanks. With this aging, garlic odor is eliminated and certain chemicals are enhanced – S-allyl-mercaptocysteine, S-allyl-cysteine. These chemicals are powerful sources for fighting various diseases – cancer, heart and liver disease.

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Kyolic cleanses, soothes, and reduces inflammation throughout your gastrointestinal tract. It is rich in potassium, which is necessary colon wall contraction.

Kyolic is also effective in killing pathogens and bad bacteria that live in your colon and elsewhere in the body. It also binds to heavy metals and other toxins that exist in the blood and colon and sweeps them out of the rectum. Aside from helping in constipation, it is helpful for reducing,

- fungus and other bacteria in your ear
- skin lesions due to bites or insects stings – use liquid form
- arthritis – requires 12 capsules a day
- diabetes – requires 12 capsules a day.

You can buy it in capsule and liquid form. Capsules are easy to take and have no side effects.

Here's how to use it,

- For mild cases of constipation take 2 tablets once or twice a day.
- For moderate cases take 2 tablets three times a day
- For severe cases take 2 tablets five times a day.

Or if you prefer you can take 4-5 Kyolic capsules just before going to bed.

Continue this until your constipation is cleared. You can combine this Kyolic remedy with the apples and spinach remedy to help rebuild and remove toxic material, which is built up along your colon walls.

Continuous use of Kyolic is not harmful. It is the allicin in garlic that provides the stimulation to your colon to produce peristaltic movement.

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Kyolic can be bought in health food stores or on the Internet. Just type in [kyolic](#) into the google search engine.

Health Drug Alert: **Garlic has blood-thinning abilities. Using it with blood thinning drugs, pentoxifylline, NSAID's is potentially dangerous since excessive blood thinning can increase blood-clotting time. Do not use 3 days before any surgical procedure.**

Garlic can also cause an allergic reaction or an upset stomach in some people.

Do not use garlic if breast-feeding. Garlic can get into the breast milk giving the baby colic.

Method 36: Aloe Vera

Health Alert: **Menstruating or pregnant women should not use Aloe Vera, in any form, as a laxative.**

Aloe Vera is a wonder herb that has been around for thousands of years. It has been used for both external and internal problems – skin rashes, burns, ulcers, internal bleeding. It also promotes bowel movements, which help to relieve constipation. I have found that some people are allergic to Aloe Vera. So if you show a rash or have any other undesirable symptoms, do not use it.

Aloe is an astringent, acts to tighten muscles, and has purgative and laxative action – dispels fecal matter that has collected in your colon. There are many aloe vera gel products to choose from. For best results, choose an aloe gel that is close to that of fresh organic aloe whole leaf gel.

Take two tablespoons of pure aloe vera gel mixed it with apple juice. You can use other types of juices that fit your taste.

If you use aloe juice drink, mix 1/3 of aloe juice with 2/3 of a juice you like just before bedtime and just on awakening.

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Or, if you can handle the taste of the juice, drink a glass of Aloe Vera juice as soon as you wake up and one just before bedtime. This will promote a bowel movement when you wake up.

Aloe Vera can also be taken in capsules. Because aloe can have a strong griping action, it is best to take this herb with a calmativ herb such as turmeric. Aloe can also be mixed with powdered fennel seeds. But, you can take aloe as described above and see how you react to it. I know many people who take it without turmeric and they don't have any side effects

The best aloe vera is, of course, fresh aloe gel from a leaf. Look for an aloe that has been hand and not machine pressed. When aloe has been machine pressed, it can be contaminated with the yellow sap that is contained in the outer skin of the aloe leaf.

This yellow sap has strong laxative and irritating action in the gastrointestinal tract. A good aloe should not have more than 10 parts per million of yellow sap.

Health Drug Alert: Aloe has been shown to lower blood sugar levels. Diabetics may find a need to lower medication dosages when using aloe for a longtime. But monitor this with your doctor.

In addition, aloe vera has a cleansing action and restores a healthy balance of the good bacteria in your colon.

Health Tip: Use aloe for 5 days and then rest 2 days. Using aloe on and off like this can help to reduce allergic reactions from long-term use.

Typical recommendations are:

- Aloe gel – 2 tablespoon each day
- Aloe vera juice – 1 quart each day
- Aloe vera concentrate – 5 g up to 3 times each day

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Heath Tip: If pregnant do not use aloe vera. It has not been studied for women during this period.

Drinking peppermint tea when taking aloe vera capsules can turn aloe vera into a mild natural constipation remedy. You can also mix aloe gel with peppermint tea to form a constipation drink.

Method 37: Barks and Roots

Black Walnut

The inner bark of the black walnut tree provides a mild and gentle remedy for constipation. Look for black walnut herb in other herbal combinations or make your own combination and add black walnut to your formula.

Black walnut herb is also available as a liquid, tincture, or capsule.

Web Link for
various black walnut products

<http://www.vitaminlife.com/category.asp?categoryid=13>

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Slippery Elm Inner Bark

Slippery Elm is effective in relieving constipation. It coats and rejuvenates the entire digestion tract by healing any sores or ulcers. It also is high in soluble fiber.

It comes as a capsule or liquid extract. It is safe and effective for children when used as a tea. You can add a bit of honey to make the kids drink it.

Yellow Dock Root

Yellow Dock is useful in providing a mild to medium laxative action. It acts to stimulate colon peristalsis. It contains Chrysophanic acid and Emodin. Yellow dock root has some antibiotic qualities, is a blood purifier, stimulates

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the flow of bile, and works on various skin diseases – eczema, hives, and psoriasis.

Look for herbal combinations that have this herb.

Oregon Grape root

It is effective as a laxative and combines well with cascara sagrada and yellow dock root for a more effective laxative mixture. Oregon grape is a gentle liver stimulant that helps to release bile. It is used in all kinds of liver diseases. In addition, oregon grape helps to detoxify the blood.

Make a tea 2 parts oregon grape root to ½ part cascara sagrada. Drink 2 oz at a time, once or twice a day as necessary.

Marshmallow Root

Marshmallow root is gentle laxative and will move fecal matter out of your colon. Use marshmallow root as a tea.

Boil one cup of distilled water. Stir in one heaping teaspoon of marshmallow root. Cover pot and let tea sit for 10-15 minutes. Then, strain the tea and drink it. Take one cup in the morning and one in the evening.

Method 38: Peppermint Oil

Peppermint is used to soothe the nerves and is useful in relieving constipation when it is do to cramping and anxiety. It contains oils that stimulate the release of bile from the gallbladder. It also improves the function of the cells along your colon walls.

Health Tip: Use peppermint oil as an enteric-coated capsule so the capsule does not dissolve in the stomach but in the small intestine.

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In the small intestine and colon, peppermint relaxes the muscles and promotes the release of gas.

Recommended dose of peppermint oil is 1 capsule three times each day between meals. Use peppermint oil only as recommend on package.

You can also add 2 drops of peppermint oil in an 8 oz. of water and drink after a meal.

**Web Link for
Enteric coated peppermint oil**
<http://herbalremedies.com/14537.html>

Health Alert: Peppermint oil contains menthol, which is poisonous when an overdose is taken. Always follow the recommend manufacturer's dose. If pregnant, do not use the enteric-coated peppermint oil. Do not give peppermint tea or oil to young children.

Method 39: Golden Seal

Golden seal has a compound, Hydrastine, that give it antiviral and antibiotic properties. It is use to fight off different types of infections internally and externally.

You will see golden seal in some of the herbal formulas for constipation because of its properties to soften fecal matter and to regulate liver functions. It stimulates digestion and bile production, which in turn promotes peristalsis. It also heals the mucosa, your colon wall lining.

Golden seal is considered one of the top 10 herbs in the herbal world.

Health Alert: Do not use Golden seal for more than a week. Do not use it if you are pregnant. Check with your doctor before using it, if you have diabetes, glaucoma, cardiovascular disease, or high blood pressure

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Do not use more golden seal than the recommended dose. In large doses, golden seal may create cardiac arrest or respiratory problems.

Method 40: Chlorophyll

Chlorophyll is the green substance that occurs in all plant and is one of the most helpful substances you can add to your diet. It helps to strengthen and thicken your colon cell walls. It inhibits the growth of pathogenic bacteria, which can cause various diseases, and feeds the good bacteria.

It detoxifies the cells in your body and colon, which houses an unbelievable amount of toxic matter.

Chlorophyll will help to get your bowels moving by improving your colon function. Use chlorophyll with any of the other methods you use to clear your constipation.

Take 2 capsules of chlorophyll just before meals

The way that I use chlorophyll is by combining 1-2 oz. liquid chlorophyll, juice of one lemon, and 8 oz. of distilled water first thing in the morning. This combination sits real well in my stomach and I have never had an upset stomach from this drink.

Health Tip: Chlorophyll is considered safe for pregnant and lactating women.

Method 41: Triphala

Here is a well-known and popular India Ayurvedic herbal product that is available on the Internet and perhaps some India food stores. It is call Triphala. It is effective as a laxative and also has many other benefits such as:

- Improves liver function and digestion
- Reduces high blood pressure and serum cholesterol

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Triphala consist of 3 of the tree fruits of Triphala – Harada, Amla, and Bihara.

- Harada is used to treat chronic and acute constipation and anxiety.
- Amla, known for its high vitamin C content and is used to treat body imbalances in the liver, stomach, and intestines. It also fights infections throughout the body.
- Bihara is used to balance and purify excess mucus in the body and especially in the intestines and colon.

Use Triphala for two – three weeks and longer if necessary. This is one combination that you can use for 2-3 months at a time.

Mix ½ teaspoon of Triphala powder with 8 oz of warm water and drink just before bed time.

Or, Take 2 capsules in the morning and 2 capsules just before you go to bed.

Web Link for Triphala

http://www1.pricetool.com/xGS-triphala~NS-1~linkin_id-3039662

Method 42: Cabe Jawa

Cabe jawa is a remedy for constipation from Indonesian. It is prepared as follows:

In a glass of 8oz of boiling distilled water with ½ lemon squeezed, add a pinch of ground black pepper and cayenne. Then sip slowly until it is gone.

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Method 43: Ghee and Milk

Combining Ghee and milk can be used on mild cases of constipation.

Mix one teaspoon of ghee or clarified butter with 8 oz of boiled milk. Drink just before bedtime. Milk has to be boiled to break down the protein and to make the milk more digestible.

Method 44: Herbal Laxative Combination

I have found herbal laxative combinations to be effective in clearing constipation. As with many herbal products, stools can be soft and sometime runny. As you come off these herbal products your stools will normalize. But you can add a bulking product like Psyllium Seed or Hulk to make your stool harder when using herbs. But, better yet you can eat more vegetables and fruits or bran.

Use 1 big Tablespoon of Psyllium seeds with one glass of water 2-3 times each day. Psyllium seeds absorb water and make your stools less runny. In addition, they sweep across your colon walls removing old fecal matter, mucus, and other toxin. This is useful when you have diverticulosis as it helps to pull toxins out of these pockets.

Rhubarb

Rhubarb is a gentle but active laxative when used in small amounts and is considered safe enough for infants. If you use large amounts, it has a strong purgative action. By mixing herbs, you get herbs working together to produce better healing action on the body. Here's a formula that contains rhubarb:

- Rhubarb root -1 part
- Cascara sagrada -1 part
- Ginger -1 part
- Licorice -1 part

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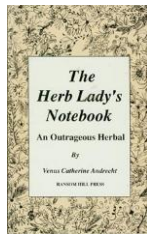
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- Barberry - 2 parts
- Dandelion - 2 parts

Simmer a cup of this tea and drink just before going to bed.

Method 45: Catherine's' Bowel Movers

In her book, *The Herb Lady's Notebook, 1984- 1993*, Venus Catherine Andrecht, list some bowel combinations that she uses and recommends to others. She says,



"You don't need an exotic cleanse to see results. I'd choose one of the following combinations."

Combination C-5	Combination C-6	Combination C-7
Pumpkin Seeds	Cascara Sagrada Bark	Cascara S.B.
Culver's Root	Buckthorn Bark	Rhubarb Root
Mandrake Root	Licorice Root	Golden Seal
Violet Leaves	Capsicum Fruit	Capsicum Fruit
Comfrey Root	Ginger Root	Barberry Root
Cascara Sagrada Bark	Barberry Root bark	Lobelia Herb
Witch Hazel Bark	Couch-grass Herb	Fennel Seeds
Mullein Leaves	Red Clover Tops	Red Raspberry
Slippery Elm Bar	Lobelia Herb	

Another herbal combination is,

- Cascara sagrada
- Ginger root
- Golden seal
- Slippery elm, turkey rhubarb
- Wahoo ¼ part
- Culver's root ¼ part

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Here is a herbal tea that is recommended by David Hoffmann, in his book, New Holistic Herbal, 1990

It is a moderate laxative tea combination which provides peristaltic movement by slightly irritating your colon walls and by promoting the release of digestive juice.

Drink this tea just before bedtime.

- Barberry 2 parts
- Boldo or Dandelion 2 parts
- Cascara Sagrada 1 part
- Liquorice 1 part
- Rhubarb Root 1 part
- Ginger or Fennel 1 part

Health Alert: Some times, herbs can interact negatively with medications to produce a side effect that can be dangerous.

Some herbs are not properly prepared in standard strength or quality and will not provide you with any benefits of the real herb. As you buy herb products you will become familiar with the companies that produce quality organic products.

Cumin Oil

Children's Remedy

Place a drop of Cumin oil on your finger and let your child smell the oil. Do this just before bedtime. This should promote a bowel movement in the morning.

Using Certain Herbs

Health Tip: Certain herbs such aloe vera, buckthorn, cascara sagrada, frangula, and senna have powerful laxative action. The chemicals called anthraquinones

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activate this action. Use these herbs as a last resort when trying to clear your constipation.

Health Alert: When these herbs are used too long they can become habit-forming. Use these herbs only if they have been aged. Fresh herbs of this type can irritate your digestive tract and cause vomiting and bloody stools or diarrhea

Now, let's go to the next chapter.

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Chapter 9: Vitamin and Mineral Constipation Remedies That Doctors Are Not Aware of

Minerals

Minerals help the body produce energy and build bones, blood and cells. They are found in the blood and lymph liquid and cell walls. They help in nerve transmission and muscle contractions in your colon. Minerals are used with vitamins and other nutrients to form compounds that are essential for your body's health.

Your body cannot create minerals so you have to get them from the food you eat or through supplements.

Vitamins

Vitamins do not provide energy for the body, they are not found in our tissue, and they do not build cells, but help in converting the food we eat over to nutrients that our body can use. This means they help enzymes break down our food - protein, fat, and carbohydrates. Your body can make only a few vitamins.

Mineral and Vitamin Supplements

The various minerals and vitamins recommended here should be taken individually or as a multi-mineral complex or as a vitamin complex. Avoid a supplement that contains both vitamins and minerals. There is some loss in the effectiveness of individual vitamins and minerals when they are combined in multiform. Use capsules for best results because capsules are filled with powder. Capsules dissolve quickly and so does the powder.

Some hard, tablet supplements may not dissolve completely in your stomach or intestines and flow into your colon and out your rectum.

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Minerals In Fruits and Vegetables

Minerals in produce are the best minerals to take. These minerals are in the form that nature created and is exactly what the body needs. They are electro-magnetically charged and have a life force that is provided by the plant. This life force quickly decreases after the fruit or vegetable has been picked. Therefore, it is always recommended to eat fruits or vegetable soon after they have been picked and not to cook them.

Electrolyte Minerals

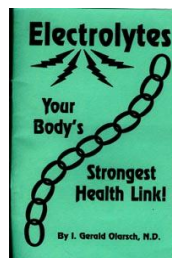
It is best to take liquid electrolyte minerals. In this form, minerals have an electrical charge and are ready for use by the body. Electrolyte minerals when placed in the mouth are absorbed quickly through the mouth lining and lining of the gastrointestinal tract as they travel towards colon.

Minerals help to electrify the body. They improve brain function, nerve activity, blood structure, body structure, and body calmness.

Health Tip: Add minerals to your diet by eating raw fruits and vegetables and through supplements. Minerals insure your colon has the proper tone and functions and this minimizing constipation.

In I. Gerald Olarsh, N.D.'s pamphlet called, *Electrolytes*, he points out that,

"Electrolytes in the body are minerals such as sodium, potassium, chloride etc. that are dissolved in the blood. When the electrolytes are dissolved they break apart into charged particles called ions. The ions carry either a negative or positive charge. These charged particles



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create electricity that helps run the bodies of animals and humans. Electrolytes are the basis of good health because they are used in the maintenance and repair of all tissue, the utilization of amino acids, and as the basis of every physical and neurological function..."

The Next Best Mineral Supplements

If electrolytic minerals are not available, use chelated minerals. These minerals are attached to amino acids making them magnetic, which allows them to flow right through the intestinal walls without having to be digested.

Look for minerals such as,

- Calcium aspartate
- Calcium gluconate
- Calcium Citrate

Mineral Absorption

Most minerals are absorbed in the last part of the small intestine and the beginning of the large intestine, your colon. When your colon walls collect layer upon layer of waste, it affects absorption of the minerals you consume. When this happens, your body will be deficient in minerals and your appetite will be larger than normal.

Method 46: Brewer's Yeast

Brewer's Yeast contains all B vitamins, except B12. It also contains many vitamins, minerals and is high in amino acids.

Brewer's yeast can help to ease, reduce, or clear your constipation. If you can handle the taste, add it to your juices morning and night.

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When you first use brewer's yeast, it will create gas in your colon. Brewer's yeast supplements your good bacteria in your colon, increasing its count. This increase in good bacteria activates a battle between the good and bad bacteria creating gas as a by-product. Keep using brewer's yeast until the gas stops. This many take a few weeks but you are doing one of the best things you can do for your health – increasing good bacteria and reducing bad bacteria.

You can improve the benefit of using brewer's yeast by eating cultured yogurt or supplement good bacteria between meals. You want to do this between meals so when you take your supplement your stomach does not put out too much HCl acid, which would kill the supplement.

Health Drug Alert: **If you have gout or are taking monoamine oxidase inhibitors do not take brewers yeast.**

Method 47: MSM

MSM stands for methyl sulfonyl methane. MSM is organic sulfur. It provides many benefits in the body and is widely used as an anti-inflammatory and is especially useful for arthritis pain. MSM is used in all body cells and tissue including joint tissue

MSM in your colon stops or blocks the activity of cholinesterase (ko-li-nes-ter-ace.)

What is cholinesterase?

Our nervous system is composed of a network of nerve cells, which start at the brain and end on all parts of our body. It is nerves that direct muscle contraction or expansion. After the muscle completes its movement, an enzyme **cholinesterase** is released, which stops the muscle from moving again. Without the nerve signal blocking cholinesterase, the muscle would continue to move nonstop.

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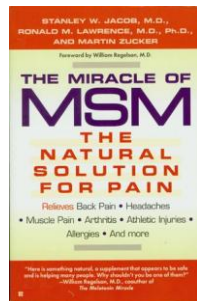
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MSM is useful in clearing up constipation. When I have used MSM, up to 6000-8000mg each day, I have experienced up to 3-4 bowel movements each day. As MSM blocks the activity of cholinesterase, it allows more peristaltic action to occur in your colon. This results in more bowel movements.

Using 2000-4000 mg of MSM, keeps my bowel movements to 2-3 times each day. Of course, for each person the amount will be different.

The action that MSM has in your colon is useful for older people who have less nerve signals for peristalsis. Cholinesterase stops the few peristalsis signals older people have, thus creating constipation.

In S.W. Jacob, M.D., R.M. Lawrence M.D.,Ph.D, and M. Zucker book, *The Miracle of MSM*, 1999, they say,



“As a dietary supplement, MSM offers great potential for anyone with constipation. MSM produces a general “tonic” effect in the bowels and normalizes bowel function, particularly for older individuals. We have given MSM to nursing homes, where constipation is a common problem. The nurses have said that MSM works well for patients, even for individuals not responding to Metamucil or stool softeners.”

**Web Link for
buying MSM capsules**

<http://www.richdistributing.com/>

Rich distributing has good quality products. I have always received good service and quick shipping. I recommend you buy the MSM torpedo tablet. It is a 1000 mg flat oval tablet. This allows you to take 4000-5000 mg of MSM by only taking 4-5 tablets. They are easy to swallow.

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Health Alert: MSM has not been evaluated for effects during pregnancy so it is best not to use it during this time.

Method 48: Vitamins

The following vitamins help in normalizing and clearing constipation:

Vitamin A

Vitamin A should never be taken by itself. It should be used with other vitamins or taken with food or with fruit snacks.

When taken alone, Vitamin A will putrefy in your colon creating toxic chemicals that may get into your blood.

Vitamin A is an important vitamin, which helps to improve your immunity. Since your colon is an important part of your immune system, it is recommend you eat those foods, which are high in Vitamin A or to use a Vitamin A supplement. Vitamin A will strengthen your colon.

Vitamin A also helps you absorb protein in your small intestine. Any protein that is not absorbed will move into your colon undigested. In this form and in your colon, this protein decays producing highly toxic material that can cause serious illness over time.

Health Alert: If you are pregnant or planning to get pregnant, do not take more than 5000 IU each day to avoid birth defects. If you have any liver disease, consult your doctor before taking vitamin A.

B-Vitamins

B-vitamins are needed to feed your colon wall nerves so they can flex and move naturally. Without these vitamins your colon walls cannot move in a natural rhythm.

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Health Tip: Eat less sugar and sweets since these foods use up B-vitamins when being digested.

Take **Thiamine** (B1) 100-300 mg each day since it helps to correct constipation by stimulating peristalsis.

Inositol – Helps stimulate your colon walls. Inadequate inositol can be associated with constipation. Drinking too much coffee reduces inositol from the body. Use 100 – 300 mg each day

Folic Acid - If you have constipation and have leg cramps, you may need folic acid. In this case take 400-800 IU of folic acid each day.

Pantothenic acid - 5mg to 3 grams before bed improves the healthy of your colon.

Vitamin C

Taking Vitamin C will help to keep you regular. It is a gentle laxative when taken in high doses. When you become constipated, increase your use of Vitamin C. Add 500 mg each day until you reach 5000 mg. At some point you may experience diarrhea. When this happens, just back off on the dose by 500 mg. When your constipation is cleared go back to your maintenance dose.

Health Alert: **Vitamin C in doses greater than 500 mg is not recommended if you have kidney stone, liver disease, or gout.**

Health Drug Alert: **Vitamin C may increase your absorption of aluminum if you are taking antacids. Take vitamin C two hours before taking antacids to prevent this problem.**

Recommend vitamin C dose is 2000 – 3000 mg each day taken with meals. Pregnant women can take up to 500 mg each day.

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Method 48: Minerals - Calcium

Calcium

In your colon, calcium combines with excess bile and decaying fat to form a harmless insoluble soap, which is excreted with your stool. This helps to keep your colon clean.

Most Nutritionists recommend you take 1000 - 1500mg daily of Calcium. Because Calcium can cause constipation, it is necessary to take 500 – 1000 mg of magnesium at the same time you take Calcium.

Health Tip: Space out your intake of calcium over the day. Take only 400 to 600 mg each time. Also take some time-out when taking calcium and other vitamin supplements. In a month, take 2-3 Sundays or Saturdays of from taking vitamins.

Avoid taking calcium carbonate, which will reduce the times you will have a bowel movement. Avoid, also, taking calcium when eating foods that contain oxalates phosphates, or phytates. They tie up calcium and are excreted with the fecal matter

Health Drug Alert: If you are taking a thyroid hormone, beta-blockers, calcium-channel blockers, or an antibiotics, calcium supplements can interfere with adsorption of these drugs.

It is best to take calcium around 2 hours before or after taking these and other drugs.

Avoid taking calcium citrate with aluminum-containing antacids. This combination has been seen to increase your body's absorption of aluminum. Aluminum has been associated with senility and Alzheimer's

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Health Tip: Calcium is safe for pregnant women and they should take an adequate amount of calcium.

The best calcium to take is calcium gluconate, orotate or aspartate. The gluconate type is similar to the calcium you get from milk and some vegetables. It is a gentle calcium and is easily absorbed by children and adults with weak digestion.

The foods to eat for good calcium are:

Goat milk, egg yolk, fish, lemons, rhubarb, cheese, skimmed milk, bone broth, seeds, dulse, kelp, greens, nuts, cauliflower, celery, cottage cheese, gelatin preparations, brans,

Method 49: Mineral - Magnesium

Magnesium, a gentle laxative, helps to prevent constipation by relaxing your colon walls when you are under stress, have anxiety, or have too many worries. It normalizes tension on colon walls allowing for a normal peristaltic action.

Because magnesium attracts water, you can bring in more water into your colon by taking magnesium supplements or by eating foods which are high in magnesium. Water in your colon makes your stools softer and allows your colon to absorb water from your fecal matter if your body needs more water.

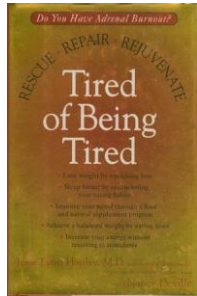
How do you know if you are short on magnesium? You will get cramps in your calves at night or so called "Charlie horses." Or, you will feel sore after some mild exercise or activity.

Take 400 mg in the morning and 400 mg in the evening of Magnesium gluconate, or citrate.

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Jesse Lynn Hanley, M.D., in his book call, *Tired of Being Tired*, 2002, gives another way to take Magnesium to relieve your constipation,



“Take at bedtime. Begin with 200 milligrams magnesium oxide or magnesium citrate—you may increase the dosage in 200 milligram increments until your bowels move regularly. The dose for magnesium is individual, so begin low and increase the dosage as needed. Reduce the dosage if you experience loose bowels. Unlike irritating laxatives, magnesium does not create laxative dependency.”

Health Drug Alert: If taking hypoglycemic drugs, magnesium may increase absorption of these drugs. It is recommended you consult with your doctor on the effects of magnesium with the type of hypoglycemic drug you are taking.

If taking magnesium, do not take it within 2 hours of taking any kind of drug.

If you have severe kidney or heart disease, you need to avoid magnesium and consult with your doctor on its use.

Magnesium is considered safe for pregnant women.

Foods High in Magnesium

Chlorophyll is high in magnesium and chlorophyll comes in capsules. These are some of the foods that are high in magnesium.

Greens, berries, wheat germ, grains, nuts, cornmeal, apples, apricots, oats, pears, pecans, spinach, tofu, lentils, honey, fish, cabbage, avocados, cashews, peas, prunes, soy milk, chard

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Method 50: Mineral - Iron

Excessive use of iron supplements can cause constipation. To avoid constipation, use between 18 – 30 milligrams of iron.

Food that contain iron are:

Dulse, rice bran, agar, almonds, black cherries, greens, lentils, dried fruits, pinto beans, raisins, rye, sesame seeds, spinach, wheat bran, liquid chlorophyll.

Kelp

Kelp should be taken daily. This provides you with a wide variety of minerals so necessary to rebuild your colon but also to regain good colon function.

Manganese

Manganese works with the B vitamins to strengthen the nerves. It is the nerves in your colon walls that help to activate peristaltic action.

Foods high in manganese are:

Black walnuts, celery, greens, mint, oats, parsley, pineapple, watercress, apples, almonds, beans, blueberries

Health Tip: Pregnant women should not take more than 5mg of manganese each day.

Health Drug Alert: Absorption of manganese is decreased when using antacids or anti-ulcer drugs.

Recommend manganese dose is 5 – 15 mg daily taken with meals.

Method 51: Potassium and Prunes

Potassium is needed in your colon walls to insure that peristaltic action occurs. Without potassium, colon walls are weak and unable to respond and contract properly when fecal matter needs to be move.

Potassium in your colon wall tissues brings in more oxygen, which is required for good cell function. In addition, potassium creates an alkaline environment inside and outside the cell, which help protect cell walls from germs.

Potassium is a powerful source when it comes to cleaning, feeding and building your colon walls. Removing the thin layer of buildup – harden mucus, dried fecal matter, waste derby, heavy metals - against your colon wall can be accomplished by eating those foods that are high in potassium.

Excess buildup on your colon walls of fecal matter and toxins is a cause of continual constipation. This build up prevents your colon walls from functioning properly.

Potassium is necessary for reducing anxiety and depression. These conditions can affect peristaltic movements of your colon. Lack of it causes muscles and organs to sag and lack tone.

Potassium, also, draws water out of the body. So when potassium is in your colon it attracts water and pulls it into the fecal matter.

To add more potassium to your diet make a drink by,

Pouring hot water over dried prunes and waiting 10 minutes. Then eat the prunes and drink the juice. Or, make a prune smoothie as shown in the Smoothie chapter. Do this on an empty stomach in the morning.

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The high concentration of potassium and vitamin A, in prunes, stimulates enzymatic processes. These processes melt down fecal wall wastes and dissolve blockages. They activate peristaltic action to move this waste out your rectum.

The foods that are high in potassium are:

Kale, cabbage, yellow tomatoes, spinach, carrots, broccoli, cucumbers, cauliflower, alfalfa sprouts, goat milk, sesame seeds, wheat germ brewers yeast, flax seed, grapes, green peppers, pineapple, beets, potatoes with skin
Blackstrap molasses

Health Alert: If you have any kidney disease, do not take potassium supplements unless directed by your doctor.

If you are pregnant, take potassium only under a doctor's direction.

Health Drug Alert: If you are on any type of drugs, do not take potassium unless directed by your doctor.

Potassium recommended dose is 1000 – 3000 mg each day taken with meals.

Silicon

Silicon is necessary to firm up and strengthen all the wall structures - blood vessels, colon walls, organ walls, and lymph walls – in the body. It is necessary for nerve impulses to move smoothly from the brain to the vital organs and body.

When you have lost tone in your colon by using laxatives or continual constipation, add silicon to your diet.

One of the highest foods in silicon is rice bran syrup or rice polishing. Other food to consider is:

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Oats, barley, kelp, cabbage, apricots, asparagus, beans, nectarines, plums, onions, tomatoes, seeds, nuts, wheat germ, wheat bran, raisins, pumpkin, apples

Recommend dose is 5 – 20 mg each day with meals.

Sodium

Organic sodium, not table salt, is necessary for a number of body functions including your colon. Organic sodium is only obtained by eating fruits and vegetables.

Sodium keeps the liver and gallbladder working right so the liver does not become enlarged and so the gallbladder does not produce gallstone. In your colon, sodium helps to reduce mucus formation and helps to preserve the proper pH for the good bacteria to flourish.

Without sodium, your body would become acidic and attract all kinds of deadly diseases. Sodium helps to control and neutralize body acids and can keep your body alkaline. An alkaline body is what you need to work towards because disease does not like an alkaline environment. Most people have an acid body.

You can get sodium from,

Cow or goat whey, black figs, kale, lentils, okra, black olives

Barley, cabbage, carrots, celery, parsley, prunes, sesame seeds,

Chickpeas, cheeses, asparagus, beets, coconut, dates, dulse, fish,

Method 52: Blackstrap Molasses

Blackstrap molasses is a strong laxative. It is high in potassium, calcium, and phosphorous minerals. It also contains some iron, copper, magnesium and B-vitamins.

You can add a teaspoon or tablespoon to your juices. I like adding it to my smoothies on occasion.

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Add 1 to 2 tablespoons of molasses a day to hot cereal or mix with warm water and drink it.

Honey

Honey has mild laxative properties. Start by taking a tablespoon three times a day. Add honey to your food, water, drinks or smoothies. Use it the way you like to eat it.

That's it Now on to the next chapter.

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Chapter 10: Smoothie Mixtures You Can Really Enjoy and at the Same Time Bolt Your Colon Walls to Action

Method 53: Fruit Smoothies

Fruit smoothies provide you a different way to eat fruits. Smoothies mixed with other ingredients and nutrients can serve as a way to clear your constipation. Smoothies can be created that help build, cleanse, and heal your body.

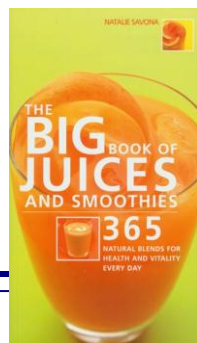
In cases where you are depleted of various vitamins and minerals, smoothies are a way to bring these nutrients quickly into your body.

The smoothies listed here also provide you with plenty of fiber. Fiber is one of the main foods you want to increase in your eating plan.

Drink your smoothie slowly. Do not drink it like water. The best way to drink it is to move the mixture around in your mouth so saliva is mixed with the smoothie ingredients. Drinking a smoothie too fast can lead to gas (air in the smoothie) to form in the stomach and intestine, which can cause some discomfort.

Once your smoothie is made, drink it within a few minutes. The smoothie ingredients will start to decay quickly as it has air mixed in from the blending process. If you fill a thermos to the top, you can use the smoothie for later.

In her book, **The Big Book of Juices and Smoothies, 2003**, Natalie Savona, gives some hints on storing your smoothie.



“there really is no such thing as storing a juice or smoothie – you can’t beat drinking them the moment you’ve made them. However, you may like to take them out to work or on a picnic. In that

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case, the best way to store them is to put a teaspoon of vitamin C powder or a squeeze of lemon juice in the bottom of the jug attached to the juicer. The vitamin C acts as an antioxidant, preventing the juice from turning brown. The same goes for smoothies. Also keep the drinks covered and cool – in a sealed container in the refrigerator, or in a thermos flask”

Smoothie Base

Here is how you build a smoothie that can give many health benefits. The smoothie base is a liquid slurry that can be used to add more ingredients.

The liquid base can be made from various fresh juices or rice, oat, or almond milks. I stay away from milk since milk creates mucus along the gastrointestinal lining. Choose and mix any of the following liquid and pour them into a blender.

Juices – apple, pineapple, orange, tangerine
Milks – rice dream, oat milk, almond milk

I use a combination of 40% rice dream, 40% almond milk, and 20% apple juice. You can use the combinations you like. Sometimes I might just use all rice dream.

Sesame Milk

You can also make sesame milk and use this in your smoothies.

In his book, *Blending Magic*, Bernard Jensen, Nutritionist, has a real nice recipe for sesame milk.



“I believe that sesame seed is one of our best. It is a wonderful drink for gaining weight and for lubricating the intestinal tract. Its nutritional value is beyond compare, as it is high in

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protein and minerals. This is the seed that is used so much as a basic food in Arabia and East India.

Blend for 1- 1 1/2 minutes to make smooth,

- **2 cups of distilled water**
- **1/4 cup of Sesame Seed**
- **2 Tablespoons Soy Milk Powder"**

In place of 2 cups of distilled water use 1 cup of water and 1 cup of low fat rice cream and leave out the 2 tbsps. of soy milk powder. This will make this drink less fattening.

Banana Base

Next I always put in a banana. This gives the liquid a bit more thickness. Also bananas are high in potassium and other minerals. They contain little fiber and yet do not create constipation.

I freeze bananas so when I am out of fresh ones I can use frozen ones.

Main Ingredients

Next I choose a fruit that will be main ingredient so you can say you are making a strawberry smoothie or a blueberry smoothie. If you have fresh organic fruit, then this is the best way to create your smoothie. What I do is freeze fruit during its season so I can have some of this fruit a bit long than its seasonal run. Choose from fruits that are in season.

- Avocado
- Cantaloupe
- Peach, mango, papaya
- Pineapple, apricots, apples
- Strawberries, blueberries, raspberries
- Figs
- Dried prunes, peaches, apricots, figs

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More Nutrients to Add

Once you have your basic smoothie, you can add other nutrients that will provide you with additional fiber, oil, vitamins, minerals and many other nutrients.

Here is a shortlist of some of the ingredients you can add to your smoothies. Add only 2-3 other ingredients so the tastes don't get too complex or unusual.

- Almonds
- Beet Juice powder
- Black strap molasses
- Capra mineral whey
- Chia Seeds
- Distilled water Ice cubes
- Edible dairy whey
- Fig Juice syrup
- Flaxseed and flax seed oil
- Honey, rice syrup
- Lecithin granules
- Powder vitamin C
- Raisins
- Rice or oat bran
- Sesame seeds
- Sunflower seeds, pumpkin seeds
- Wheat germ

Smoothie Recipes

So, here are a few smoothie recipes you can blend.

- Apple Smoothie
- Apple-Barley Smoothie
- Apricot Smoothie
- Peach-Rice Dream Smoothie
- Pineapple Smoothie
- Strawberry Smoothie

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- Sweet-Yams-Banana Smoothie
- Papaya Smoothie
- Prune and Apple Juice Blend
- Banana Fig Smoothie
- High Fiber Breakfast Smoothie
- Mango Cool Smoothie
- Mango Passion Smoothie
- Papaya Smoothie

Apple Smoothie

Mix in the blender the following.

1-2 small apples cut into wedges
1 banana
1 cup 50:50 rice dream: almond milk
¼ cup or less of raisins soaked overnight
1-teaspoon honey
1-2 cubes of ice
1-teaspoon lecithin granules
2 teaspoons flax seed oil

Start by mixing the banana and the liquids. Then add slices of apples to get the consistency you like.

Apple-Barley Smoothie

Mix in the blender the following.

1 cup of sliced apples with peel
1/2 cup of cooked barley
1/4 cup of soaked raisins
1/4 teaspoon of vanilla flavoring
1-1 ½ cup of 50:50 rice dream: almond milk
1-teaspoon lecithin granules
2 teaspoons flax seed oil

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Apricot Smoothie

One cup of fresh apricots or dried apricots that were soaked overnight

Juice of 1/2 a lemon

Two oz. of prune juice

One teaspoon or more of oat bran

One teaspoon of mineral whey

Add a slight amount of distilled water to make the consistency to your liking.

Peach-Rice Dream Smoothie

Mix in the blender:

2 fresh peaches with peel

1-cup rice cream

1/2 banana

1-teaspoon sesame seeds

1-teaspoon sunflower seed

1-teaspoon lecithin granules

2 teaspoons flax seed oil

Pineapple Smoothie

Mix the following in a blender.

1-2 cups of fresh pineapples

1/2 cups apple slices

1/4 cup fresh apple juice

1/2 cup rice cream (more or less as needed)

1 banana

1-teaspoon lecithin

1-teaspoon flax seeds

2 teaspoons bran (wheat, oat or rice)

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Strawberry Smoothie

Mix in a blender the following ingredients.

1 banana

1-teaspoon of lecithin granules

1-teaspoon of any type of bran

1 cup or more 50:50 rice dream: almond milk

Now add strawberries one by one with the blender on until you get the consistency you like.

Now in a coffee grinder, grind the following and add them to the blended strawberry mix:

1-teaspoon flax seeds

1 or 2 teaspoon sunflower seeds

1-teaspoon sesame seeds

Sweet-Yams-Banana Smoothie

Mix the following together.

1-2 cups of baked yams or sweet potatoes

1 small banana

1-teaspoon honey or maple syrup

1 cup of rice dream (more or less as needed)

1-teaspoon lecithin granules

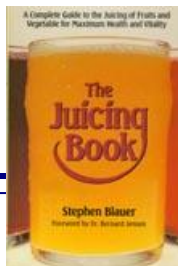
1-teaspoon flax seed oil

2 teaspoons of a bran you like

You can make the consistency to be pudding like and pour into small cups, place in the refrigerator to cool and then serve.

Papaya Smoothie

In his book, **The Juicing Book, 1989, Stephen Blauer lists a papaya smoothie.**



“8 dried apricot halves

1 large apple

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1/2 papaya, peeled and pitted

Soak Apricots overnight in one-cup water. Discard soak water before juicing. Wash apple. Juice apple and papaya. Combine apricots with apple and papaya juice. Blend for one minute on medium speed."

To improve this smoothie for relieving constipation add a couple of slices of apple and papaya into the blender to provide some fiber. Then add some lecithin, ground up flax seeds.

Soaking Dried Fruits

To use dried fruit in your smoothies, you need to soak them. Why soak them?

Soaking them in hot water kills any insects, parasite and other pathogens on the fruit. Soaking makes the fruit more digestible and available for absorption

Unsoaked fruit can cause gas to form in the stomach since it takes more time for the digestive juices to penetrate them and dissolve them.

Soaking them prevents the fruit from passing out the rectum undigested. Undigested fruit can petrify in your colon when you have constipation.

Here's how to soak your dried fruit.

Twelve hours before or the night before using the fruit, place the fruit in a glass pot and cover slightly with distilled water.

Heat the water just to where it starts to boil and pull the pot off the stove. Cover and let sit overnight

The next morning used the soaked fruit in the blender.

Soak all dried fruits in this manner, including raisins.

When using dried apricots use only naturally dried apricots without sulfur. These don't look nice and colorful. They look dark and wrinkled but they are healthier.

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Prune and Apple Juice Blend

Rinse prunes in distilled water to remove any dirt or contamination. Soak 3/4 cup or more of prunes overnight. Just slightly cover the prunes with distilled water. In the morning, blend prunes with its water and one cup of apple juice. Add a couple slices of apple with its peel. Squeeze 1/2 lemon and blend again.

Add more apple juice to get the consistency you like.

This makes a great morning drink to get your bowel moving later in the morning.

Banana Fig Smoothie

Use 1 cup of rice dream, almond milk, and soymilk mixture. You can use just one of these liquids or all combined. Add one banana and figs to get the thickness you like.

After you have blended this mixture add the following:

- 1 teaspoon of sesame seeds
- 1 teaspoon or more of lecithin
- 1 teaspoon or more of flaxseed oil

This mixture will give you many minerals and nutrients and in addition help as a natural laxative drink

High Fiber Breakfast Smoothie

Here's a drink you can prepare in the morning and can serve as breakfast.

In a blender add,

One half a banana that is not overripe

One half an apple

A few strawberries, fresh or frozen

3/4 cup or so of rice dream, almond milk, or organic soymilk

one rounded teaspoon of each bran - wheat, rice, and oat.

one tablespoon of lecithin granules

one teaspoon of flaxseed oil

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The bran will help you bulk up your stool.



One of the best books on making smoothies is called Super Smoothies, by Candia Lea Cole. The ingredients in her book are good for helping clear constipation. By adding a few more ingredients, as listed above under "More Nutrients to Add", to these smoothies, it will help to create super smoothies for clearing constipation. Most of her smoothies use those fruits and vegetables that

help constipation

Mango Cool Smoothie

Combine the following in a blender:

One peeled and cored mango
1/4 to 1/2 cup of orange juice
1/2 banana
a few ice cubes to give it some consistency
teaspoon of flaxseed oil
teaspoon to tablespoon of oat bran
teaspoon of sesame seeds

Apple Prune Syrup

Cut 2 small apples into small chunks. Blend raisins, sesame seeds, and prune juice in a blender. Use plenty of these items to produce a syrup consistency. Pour the blended items over the apples and eat.

Mango Passion Smoothie

Mix in a blender:

One mango
Pineapple slices
One passion fruit
Rice dream
Six almonds grounded in a coffee grinder
One teaspoon of flax seed oil

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One tablespoon of lecithin granules or liquid

Papaya Smoothie

Mix in a blender:

One cupful of papaya

1/2 banana

Juice of one lime or lemon

Add apple juice to get the consistency you like

One teaspoon of flaxseed oil

One teaspoon of goat mineral whey

One tablespoon of edible dairy whey

Now you have various ingredients that are good for relieving constipation. You can make your combination according to your taste and enjoyment. If you have ordered edible dairy whey, use it with all of your smoothies.

Now, we go to the next chapter.

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Chapter 11: Nut and Seed Constipation Remedies You Can Easily Prepare and Enjoy

Nuts and seeds contain minerals, vitamins, and oils. They can be grounded, chopped, and left whole. In grounded up form, they can be eaten with cereal, fruit, or salads. Or, if you prefer you can eat them whole as a snack.

Nuts and seeds contain a lot of fiber and oils that help to keep you regular and help to relive your constipation.

Method 54: Flax Seeds

Freshly ground flaxseeds help to soften stools. Take 1 **tablespoon** of flax seeds three times a day. (One tablespoon of flax seeds is equal to 1.5 grams of plant omega 3 fatty acid.) For severe constipation take 2 tablespoons of flax seeds three times a day. These seeds can be taken whole or grinded up in a coffee grinder.

Health Tip: Grind the seeds and use them immediately to get the benefit of fresh seeds and to avoid their oxidation. Your stomach will not dissolve the whole seed but they will bulk up. Grind them open and you get the benefit of the oil and nutrients that are inside.

You can eat whole flax seeds but you need to chew them good to break them up. Your stomach will not dissolve whole flax seeds. Chew about a tablespoon in the morning. Then drink 8 oz of water.

You can grind them up in a grinder and add them to your salads, yogurt, morning cereal, cottage cheese, and smoothies. It is best not to use them in any cooking recipes. Heat destroys the value of the flax oil and makes it toxic.

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I don't recommend you buy ground up flax seeds as listed in the website below. You need to use flax seeds in your drinks or food soon after grinding so they don't lose their nutritive value.

Even though **Nutri Flax**, ground up flax seed, is packaged so the flax seeds don't see light or oxygen, what happens when you open the package? These flax seeds are going to be exposed to oxygen and as time passes they will become oxidized. So it would be important to store Nutri Flax in the refrigerator after it is opened, to minimize its oxidation.

Web Link for Nutri Flax

<http://www.prolithic.com/hpages/efoods/nutrflax.html>

Flax seeds are composed of,

- 41% fat – fifty seven % is omega 3
- 18 % is monosaturated
- 16% is omega 6
- 9% is saturated.
- 20% is protein
- 7% is moisture

It is the high level of omega 3 in flax seeds that make them an essential seed to use in your diet. Flax seed oil helps to decrease the bad effects of omega 6, found high in olive oil. When you eat too much omega 6, you create chronic diseases.

Health Alert: In pregnant women, omega 6, olive oil, blocks the transfer of omega 3 to the baby. This is why a diet should consist of 3 parts omega 6 and 1 part omega 3.

Method 55 Walnuts and Almonds

Grind equal parts of walnuts and almonds in a coffee grinder. Mix with dark honey into a small ball. Take 3 times a day with two tablespoons of warm water.

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Method 56 Flax Seeds, Seeds, and Nuts

Mix equal parts of flax seeds, almonds, sunflower seeds and sesame seeds. It is o.k. to mix only three of these seeds, if that is all you have.

Grind them in a coffee grinder to a power. You can eat the power or add it to a nondairy smoothie, a juice, or morning cereal. You can also sprinkle it on your evening salad. Use up to 3 tablespoons twice a day.

This mixture will provide you with extra fiber and a batch of minerals.

Health alert: Drink plenty of water when using ground up seeds.

Flax seeds are astringent and have laxative action. They are good for mild or moderate symptoms of constipation.

Health alert: Using an excess of flax seed can contribute to the back up in your colon. Flax seeds also have small traces of prussic acid, which is toxic in large amounts. But it would take a lot of flax seeds to reach the toxic level.

Place between 1 teaspoon to 1 tablespoon of flax seed in 8 oz of warm water and let it sit for one hour. Then just before going to bed, drink the 8 oz. After drinking this glass of flax seed drink another 4-8oz of water.

Method 57 Flax Seed and Apple Cider Vinegar

Boil 1 ½ cup of distilled water.
Add 1 tablespoon of flax seed and continue boiling the water for 10 minutes – tea will become jelly like.
After this cools down add 1 teaspoon of apple cider vinegar.

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Drink cup of this combination in the morning and until you get good daily bowel movement.

Flax seed contains the essential oil omega 3. Essential oil means without this oil you cannot live. If you lack this oil in your diet you will be prone to disease.

Apple cider vinegar (ACV) is another extremely important food you should include in your daily eating. ACV is high in various minerals and in particular potassium

Method 58 Flax seeds and oat bran

To get your bowels moving again, prepare the following mixture.

Mix 1 tablespoon of flax seed and 1 tablespoon of oat bran into a glass of distilled water. Let it sit overnight. First thing in the morning, take 2 tablespoons. Wait half an hour before eating anything. Do this every morning until your bowels start moving

Method 59: Flax Seed Oil

Our body does not make omega 3 oil and we need to get it in our diet.

For constipation, mix one tablespoon of flax seed oil with goat or cow yogurt. Add a little honey if you like. Take this mixture right about ½ hour before bedtime.

Health Alert: Do not heat flax seed oil and keep it refrigerated. Heating it may cause some cancer causing compounds.

Method 60: Fenugreek Seeds

Use 1-2 teaspoons with juice or water, 2-3 times each day. This seed will bulk up like the psyllium seed so drink plenty of water during the day.

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Health Drug Alert: Fenugreek can lower blood sugar levels, so check with your doctor before using it with diabetic drugs.

Pregnant women should not use fenugreek because of its ability to stimulate contractions.

Psyllium, Flax, Fenugreek Seed Combination

Combine flax seeds, fenugreek seeds, and Psyllium seeds. Use 3 tablespoons of this combination each day..

Pumpkin seeds

Pumpkin seeds are a mild laxative, which can activate peristalsis. Eat seeds that are still in the shell throughout the day. You can also grind them up and add them to your salads or smoothies.

Method 61: Black Sesame Seeds

For chronic constipation, [Maoshing Ni, Ph.D., C.A. and Cathy McNease, B.S., M.H. in their book, The TAO of Nutrition, 1987](#), recommend using black sesame seeds.

Grind black sesame seeds into a meal by using a small coffee grinder.

Mix with dark honey into a small ball.

Eat one three times a day dipped in rice wine.

Black sesame seeds also provide nutrition and action on the liver, intestines, kidney, and blood.

You can also prepare a **sesame seeds soup** with brown rice. Soak 10 parts of sesame seeds with 1 part brown rice in distilled water

After they are soft, about an hour, pour out the water grind them in a small food grinder to produce liquid. Strain the remaining liquid to remove coarse particles.

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Dilute liquid with distilled water and add some honey.
Cook on low heat until liquid becomes syrupy
Drink around two cups to relieve constipation with in hour
or so.

Peas and brown sesame seeds – help to lubricate the
intestinal walls. This makes it easier for fecal matter to
move through your colon.

Method 62: Sunflower seeds

Sunflower seeds promote regularity. Use them raw shelled
and unsalted every day. They contain omega-6 fatty acid
just like olive oil. You can use them grounded and add
them to your morning smoothie, 1-2 teaspoons, or to your
homemade salad dressing

- Add them to your salad
- Add them to your morning cereal

Here's a sunflower drink you can make.

Take 1-2 tablespoons of sunflower seeds. Grind them in a
coffee grinder. Add them to a cup of boiling water.
Sweeten this mixture with honey, maple syrup, or
blackstrap molasses. Drink this combination morning and
night to help you with you constipation.

Method 63: Coconuts

Coconuts can relieve your constipation. Eat fresh coconut
two-time a day. Once in the morning and in the evening.

Let's go to the next chapter.

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Chapter 12: The Truth About How You Can Use Fiber to Prevent Constipation

What is Fiber?

Fiber is a carbohydrate that comes from the cells walls and structure of plants, grains, legumes, fruits, and vegetables.

Most processed or junk food has little fiber, which was removed during processing.

Most people eat around 7-12 grams of fiber each day. You should be eating from 25 – 45 grams each day to prevent serious illnesses in your body.

A diet with 40 grams of fiber provides protection and prevention against diseases such as kidney stones, varicose veins, obesity, heart disease, appendicitis, colon disease, diabetes, appendicitis, diverticulosis, and many others.

When you eat fiber, it passes into your colon without getting digested in the small intestine. The good bacteria will use some of it as food, which makes them stronger and able to multiply.

Eating fiber reduces your fecal matter transit time from 3 days to 1 1/2 - 2days.

All processed foods, such as white flour products, have little or no fiber. Fiber is removed when various natural flours or grains are processed to make junk food. During this processing, nutrients, vitamins, and minerals are also removed. Only plant foods and lightly processed grains have fiber of varying amounts

Foods that are "fortified" with vitamins and minerals are unbalance since manufacturers cannot replace all the nutrients the food once had.

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Fiber, bulk, or roughage, is one of the main nutrients you need to eat daily to relieve and prevent constipation and prevent many other diseases. Fiber is a nondigestible, complex carbohydrate. Most fiber is fermented in your colon and provides some energy for the body. Fiber has two forms – soluble and insoluble.

Soluble Fiber

Soluble Fiber become gummy and viscous after it dissolves in water.

Soluble fiber has the ability to slow down digestion in the small intestine and prevent simple sugars from entering the bloodstream right away.

Because it absorbs water, soluble fiber softens and gives weight to fecal matter, and this makes fecal matter easier to pass through your colon.

Soluble fiber consists of pectin, gum, and mucilage. Pectin is found in carrots, apples, beets, cabbage, citrus fruits, and bananas. Gums and mucilage are found in oat bran, sesame seeds, oats, oatmeal, legumes, guar gum, and gum arabic

Besides helping prevent constipation, soluble fiber provides the following benefits.

- reduces the risk of heart disease
- reduces the risk of gallstones
- helps to remove toxic heavy metals and toxins from your colon
- helps to prevent the toxic condition call appendicitis
- regulates movement of sugar into the bloodstream
- helps to prevent hemorrhoids and fissures
- lowers cholesterol
- lowers absorption of fats in the intestines

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- and most importantly, help prevent the overgrowth of bad bacteria in your colon.

Insoluble Fiber

Insoluble fiber does not dissolve in water and consists of cellulose, hemi cellulose, and lignin. This type of fiber is extremely beneficial to your health. Because your body's enzymes cannot break down this fiber, like it does food, it remains in tact as it travels through your intestines and colon.

Insoluble fiber helps fecal matter travel faster through the small intestine and your colon.

It provides bulk to your fecal matter. It makes your stools larger, softer, and stimulates peristaltic movement as it touches your colon walls.

Insoluble fiber, like soluble fiber, slows down digestion. It also slows down absorption of protein, starch and fat and has the ability to inhibit the action of digestive enzymes.

Insoluble fibers are found in vegetables, wheat, and wheat bran. This type of fiber is considered an anti-carcinogen and a digestive aid. It is credited with preventing colon cancer and many other colon diseases.

Cellulose – Insoluble Fiber

Cellulose is a nondigestible carbohydrate which is found in the skins of fruits and vegetables – peas, green beans, carrots, broccoli, beets, brazil nuts, lima beans.

Cellulose helps to remove cancer-causing toxins from your colon walls. It helps to prevent constipation, colitis, varicose veins, and hemorrhoids.

Hemi-cellulose is found in cabbage, peppers, green vegetables, beets. The benefits of this fiber are:

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- absorbs water in your colon and makes your stools softer
- aids in weight loss
- prevents constipation
- decreases the chances of colon cancer
- controls the carcinogens in the intestinal tract

Lignin – Insoluble Fiber

Lignin is also an insoluble fiber. It is found carrots, peas, tomatoes, bran, and green beans.

Fiber is involved in your digestion and can,

- improve nutrient absorption
- increase stool weight
- increase good bacterial activities in the small and large colon
- improve composition of the fecal matter
- Make fecal matter travel faster and easier out the rectum without straining
- absorbs water to create bulk in the fecal matter
- absorb cholesterol and move it out the rectum
- sweep clean your colon walls and remove toxins, waste, debris, and other contaminants and moves them out your colon.
- provide food for the good bacteria
- irritate your colon walls to activate peristalsis

Seaweed fiber

Agar and alginate come from seaweed and are indigestible. They are used in gelatinous foods to make desserts.

Alginate is especially useful since it can bind to harmful metals such as lead, arsenic, mercury, and cadmium and move them out of your body through your stools.

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Eating Fiber

As you can see fiber is a critical nutrient for your colon and overall health. You need to eat equal amounts of insoluble and soluble fiber. Most people only eat around 10 grams or less of fiber each day. The amount you need to eat is around 25 – 45 grams. This is a lot of fiber and you will need to introduce it slowly into your diet. You may experience gas when you eat more fiber.

Health Alert: If you have any serious gastrointestinal illnesses, check with your doctor before adding more fiber to your diet.

One other major benefit of fiber is that,

fiber stimulates pancreatic secretions - enzymes and bicarbonates -which help you to digest your food better and prevents undigested protein from reaching your colon.

When you are constipated, your fecal matter remains in contact with your colon walls longer. Undigested protein that is embedded in the fecal matter start to decomposes and putrefies. This undigested protein and putrid matter serves to feed bad bacteria and changes your colon environment into a toxic generator.

If you have not been eating a lot of fiber in the form of vegetable, fruits and grains, you need to add these foods to your eating habits little by little so your body gets use to more fiber.

The more fiber you eat the more vitamins and minerals are lost and eliminated in your stools. What this means, is you need to compensate for this lost by eating more nutritious foods and or by using supplements.

Health Tip: Provide yourself with natural forms of fiber, such as vegetables, fruits, and legumes. Stay away from the supplemental forms of fiber such as,

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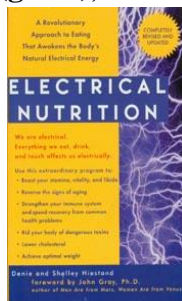
powders or pills that may help in relieving constipation but do little to provide you with other nutrients those natural forms of fiber provide.

Supplemental fiber granules, powders, or pills can become addictive.

Limit your use of fiber that comes from grains. I know you have been told you need to eat a lot of bran, whole wheat products, cereals, oats, oatmeal, buckwheat, unprocessed bran, rice bran, and so on.

In their recent book, 2001, *Electrical Nutrition*, Denie and Shelley Hiestand points out that our digestive system was not designed to process grains. When we eat food, our digestive system was designed to ferment food to break them down and make their nutrients available for our bodies. The Hiestand's continue,

"Our digestive tract, like that of the grazing animals, is almost completely unable to ferment a seed-head (grain), whether it is whole or ground up as in



flour...when we try to eat grain, the innate frequency of the seed-head can only go into storage—in other words, lay down cellulite...This is why in agriculture to fatten up the hog or cattle, we feed them grain. Likewise, if you want to fatten up, eat grains... they take the most energy to digest, and we

get little or nothing from it except large thighs, butts, and bellies. REMEMBER THE OLD FARM SAYING GRAINS FOR GAIN, PROTEIN FOR PRODUCTION. From an electrical nutrition perspective, modern grains could well be considered toxic."

Health Tip: Limit the use of grains to get your fiber. Make more use of vegetables, fruits, and legumes to get fiber. However, when trying to clear constipation, fiber from bran can be used for a limited time.

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Method 75: Eating Bran

Eating bran is one of the quickest and best way to increase your fiber. It will increase the weight and size of your stools more than the fiber contained in fruits or vegetables. Bran is the outer husk of the grain – wheat, corn, rice, oat – which is indigestible.

It does not irritate the lining of the stomach, small intestine or your colon. It is not a laxative but promotes the movement fecal matter through your colon in a natural way. Unlike drugstore laxatives or other natural strong laxatives, bran does not quickly purge out all the contents in your colon.

Use one or two heaping tablespoon of bran in your morning cereal, in your baking, and in your smoothies.

Health Alert: When using bran, make sure you drink plenty of water during the day to keep your stools soft.

Here are some other ways to use bran. You can add them to,

- baked breads, muffins and other baked goods
- breaded mixes
- hamburger meat
- juices
- pancake or waffle mix
- salads
- scramble eggs
- soups
- soups
- stuffing
- vegetarian burger mix
- yogurt

When you put bran in juices or anything that is all liquid just eat it with a spoon.

How much bran should you take for good bowel regularity? Each person is different. You need to experiment. Start

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with two teaspoon each day and work towards 10 teaspoons a day or until you have bowel movements without effort or straining.

There are four basic bran products – wheat, corn, oat, and rice. They all provide a solid source of fiber in varying amounts. Make sure the bran you use is 100% unprocessed bran.

Use bran for a few weeks to get your bowel movements back to normal. Eating bran should get your bowels moving in a few days or less.

Once your bowels are back to normal, back off from using a lot of bran and depend more on fiber from eating more fruits, vegetables, nuts, and seeds.

There are many new products, which use bran added to other nutrients or powders. Although these can be useful, use them for a limit time. Chapter21 lists some of these products.

Wheat Bran

Many people use wheat bran to get more fiber in their diet. This was something that was encouraged in the past. But now you should limit or reduce the use of bran as a way to get more fiber in your diet.

Wheat bran is not the best bran to use but can be used in combination with oat, rice, or corn bran, which is better.

Wheat bran consists mainly of insoluble fiber. It consists of cellulose, hemi-cellulose, lignin, pectin, and pentosans. It absorbs plenty of water making the stools bulky and soft, which allows them to move through your colon easily. Bulky fiber stools help to scrub your colon walls to keep them clean of mucus and toxic build up.

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There are many more nutritious ways to add fiber to your diet. Eating any bran requires drinking plenty of water throughout the day otherwise it can cause constipation.

Health Alert: When eating bran in any form, cereal, pancakes, or muffins, always drink extra water during the day. Bran absorbs water and becomes larger. Use water to help move it easily through your colon.

Young children should not eat wheat or rice bran. Eating bran requires drinking plenty of water throughout the day. Eating too much bran can cause the fecal matter to become too bulky and can cause constipation instead of relieving it.

Bran contains a high level of phytates, which interferes with absorption of calcium, zinc, iron and copper. For this reason use a maximum of 1/3 of a cup of bran each day for yourself and for children use 1/6 of a cup. Excess use of wheat bran would require taking calcium, zinc, iron and copper supplements.

Bran is also high in B-vitamins and consists of around 21% protein.

Children should not eat as much fiber as adults. Children should eat oat cereal, whole grain cereals, fruits and vegetables.

Corn Bran

Corn bran has even more fiber than wheat bran by 40%. So, corn bran is excellent for prevent constipation. Both corn bran and wheat bran should be used in moderation and not used as the main ingredient in trying to prevent constipation.

Oat Bran

Oat bran has both soluble and insoluble fiber, which make its better to use than wheat bran. However, it does have

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less insoluble fiber than wheat and rice bran. It can be found with relatively little processing which helps to maintain its high quality of protein, carbohydrates and vitamins.

Health Tip: Keep away of commercially made oat, wheat or other type of bran muffins since they contain a lot of fat, sugar and other additives that are unhealthy for you.

Rice Bran

For preventing constipation, rice bran is better than wheat bran.

In their book called **High Speed Healing, 1991**, the editor of **Prevention Magazine Health Books**, said that,



“You may see a dramatic improvement in your fight against constipation by using rice bran-instead of wheat – to increase the size and frequency of your stools. One European study says that rice beats the living chaff out off wheat when it comes to fecal output and frequency of bowel movements.”

Health Tip: Do not take your calcium supplement with bran cereals since fiber can interfere with calcium absorption.

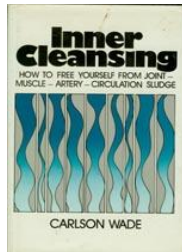
Do not use cereal with bran in it. This bran has been processed and loses some of its fiber content. Use the bran sold as coarse granules. Add it to your morning cereals, smoothies, shakes, cottage cheese, yogurt, or other dishes.

In his book, **Inner Cleansing, 1983**, **Carlson Wade** recommends what he calls, “**Morning Bran Booster Tonic**”

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"In a glass of fresh vegetable juice, add two tablespoons of nonprocessed whole grain bran. Add a squeeze of lemon or lime juice for a piquant flavor. Blenderize for just 20 seconds and drink slowly right after your breakfast.



Cleansing Rewards: The pure bran fiber is propelled by enzymes in the juice to scour and cleanse your digestive system in the morning. Your cells become washed and are now able to be renewed through the collagen-forming action of Vitamin C from fruits you eat later on. You will experience an inner cleansing and cellular rejuvenation that will make you feel younger than young!"

Soy Bran

Soy bran is not a recommend source of bran. Despite the popularity of soy there are some effects of soy that are not healthy. Soy is a high source of lignin fiber and other chemicals, which can block absorption of:

- minerals
- protein
- trypsin

Soy also has a high-level of phytoestrogens, which help to reduce the harmful effects of excess estrogen but soy products are not good for children who do not need a high-level phytoestrogens.

Soy used fermented – miso or tempeh –is an excellent food but still have traces of chemicals that block the body's absorption of certain minerals. Tofu can be used but should be eaten with foods high in minerals.

Despite the efforts of the soy industry to remove some of the chemicals that are not good for human consumption, there are still traces of these chemicals in soymilk and tofu.

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Sources of Insoluble Fiber

- Bananas
- Broccoli
- Brown rice
- Brussels sprouts
- Cauliflower
- Cabbage
- Corn
- Lentils
- Potatoes
- Spinach wheat germ
- Whole wheat bread
- Whole wheat crackers

Sources of Soluble Fiber

Oranges, grapefruit, nectarines, peaches, tangerines, apples, berries, apricots, bananas, figs, prunes

Zucchini, turnips, okra, cabbage, peas, sweet potatoes
Carrots, celery, broccoli, cauliflower, corn, eggplant, okra,
Zucchini, greens
Barley, chickpeas, split peas, pinto beans, kidney beans,
navy beans, potatoes

Health Alert: If you have a colon disease, check with your doctor before including more fiber in your diet.

Remember each one of us needs a different amount of fiber. You decide how much fiber you should include in your diet. Just make sure it is more than 30 gm each day.

Health Tip: If you are pregnant or lactating eating fiber is considered safe.

Now, we can go to the next chapter.

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CHAPTER 13: Constipation Remedies You Were Never Told About

Method 64: Hot and Cold Water Jet

You can get relief from constipation using a hot and cold "jet water shower." Here's how to do it.

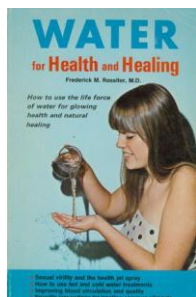
Turn the water on in your morning shower. Turn your showerhead so it has a small circular spray pattern. Change the water temperature to as hot as you can stand it. Point the spray to your abdominal area and twist your body, right to left then left to right, until you cover the entire area.

Now reduce the hot water and turn on the cold water just to the point you can stand. Twist your body again so the water covers your abdomen area.

Repeat this hot-cold sequence around seven times. At first, you might start with only a few times until you get use to the hot then abrupt cold shower water.

Applying hot-cold water in this fashion stimulates the blood in your intestinal area. Additional blood in this area helps to remove toxins from your colon and to bring nutrients to reestablish your colon function.

In his book, *Water for Health and Healing*, Federick M. Rossiter, M.D. points out,



"There is no therapeutic measure in all medical science which is capable of producing more powerful general stimulation of all the functions for the body, beneficially, than a scientific application of water to the skin: cold water, alternating hot-cold-hot, and particularly the 'jet health spray' "

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Method 65: Body Massage

Massage of the abdominal area is a great way to tone the muscles in your colon area, provided this is done regularly. If you are trying to relieve constipation, then you can massage for a week or two until you get past your constipation. Regular massaging can be of great benefit to your health.

You can do the massage with oil as you lie in your bed or as I do in the shower where I use a soap solution to slide over my abdomen with relative ease.

Start on the right side down near your appendix. Start with small circular or short up-down movements and move upward toward your rib cage. This is the direction your fecal matter travels in your colon. If you have long fingernails, you may have a problem doing this massage.

When you start your circular massage near your appendix, you are also strengthening your ileocecal valve. In the shower, everyday, I massage this spot to strengthen and tone my ileocaecal valve. This valve is the gateway between your small intestine and your colon. You want a strong valve at this point so once fecal matter moves into your colon it does not move backward into the small intestine.

Health Tip: [Massage your ileocaecal valve every day in the shower or with oil just before getting out of bed for 1-minute or so.](#)

Now, once you've reached the rib cage, move to the left to the outer point of the left rib cage. Now move downward a good length toward your groin.

As you massage, notice if you find areas that have a slight pain or a lot of pain. With areas that have a slight pain, you can probably reduce the pain with daily massages.

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Health Alert: **With areas of deep pain do not continue the massage. Consider consulting with a doctor, if the pain persists.**

These massages will help to loosen and move fecal matter that is stagnant in your colon. Combine this massage with other constipation clearing methods listed here and that should help to clear your constipation.

Method 66: Massage on the Toilet

When you are on the toilet there are 4 things you can do to help prevent you from straining to have a bowel movement.

- Add a small stool so when you sit on the toilet your feet are raised slightly.
- Sit up straight and raise your arms straight up in the air
- Sit up straight and rock sideways, from left to right, to stretch your descending colon and sigmoid. You will find that as you rock to the left or right your fecal matter will start to move.
- Sit up straight, raise your chest, and start moving your belly inward and outward. This moves your colon back and forth and helps to move your fecal matter.

These positions and movements will reduce the amount of straining you do while having a bowel movement. These methods are helpful until you get control of your constipation.

Method 67: Herb Massage Oil

Make a massage oil of black pepper, marjoram and rosemary. Add one drop of each oil in a lite carrier oil like olive or sesame. Rub this mixture into the abdominal area just before bedtime and just after your morning shower.

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Castor Oil

Apply 3 – 4 drops of lukewarm castor oil over the navel at night. This stimulates you to have a bowel movement in the morning.

Method 68: Digestive Enzymes

Health Alert: Be carefully when using HCL supplements. If your stomach is normal, additional acid can cause stomach ulcers or irritate your stomach lining.

Digestion and assimilation of food starts in the mouth. As your food travels into your stomach, Hydrochloric Acid, HCL, works on the protein and in your small intestine digestive enzymes complete the breakdown your food.

Your stomach produces HCL, whenever you eat protein, fat, or are stressed. When you overeat or eat too frequently, your stomach cannot produce enough HCL to digest the protein or fat you have eaten. This results in incomplete protein digestion, bloating, or gas.

Secreting good levels of HCL stimulates the pancreas to release adequate levels of digestive enzymes, which continue digestion of protein, fats and carbohydrates in the small intestine.

Eating a healthy diet, less food or protein at a sitting, and reducing stress can help return your HCL levels to normal.

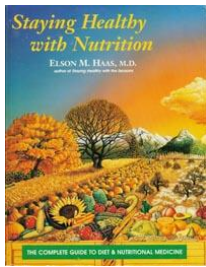
Anyone with digestive problems should take digestive enzyme supplements. The older you get the more important it is to take this supplement. As you age, secretions from various organs start to diminish and your body is deprived of these needed secretions.

Take digestive enzymes 30-45 minutes before meals to improve you digestion. Taking digestive enzymes between meals can help with food allergies.

In, Staying Healthy with Nutrition, 1992, Elson M. Hass, M.D. say,

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“I have come to believe the digestive tract and its function may be the single most important body component determining health and disease. Maintaining normal digestion, assimilation, and elimination is a necessity, and when these functions are faulty, we may not be aware these dysfunctions are contributing to so many other problems...Thus, when they are needed supplemental support of digestive enzymes may be even more important than HCL.”

HCL supplements can be obtained as betaine hydrochloride. It can be found as a single supplement or in combination with other digestive enzymes.

Health Alert: If you have ulcers of any kind, do not use digestive enzymes.

There are various digestion enzymes you can use. Visit a health food store to find one that you like.

Bromelain

Drug Health Alert: Bromelain thin blood, so it is best not to take it when using the blood thinning drugs Coumadin and warfarin. If you get any allergic reactions to Bromelain, stop using it right away.

Bromelain also has the ability to increase the effectiveness of any antibiotics you take.

Bromelain is found in pineapples and is useful in digesting protein. It has other benefits such as reducing inflammation and platelet aggregation and clot formation.

Bromelain is useful when there is a decrease in the enzymes produced by the pancreas.

Health Tip: There are some people that are allergic to pineapples so they should not take Bromelain. As a digestive aid use Bromelain with meals. As an anti-inflammation nutrient use it between meals.

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Recommended dose is 1400 – 1800 MCU each day.

If you are pregnant, it is considered safe to use Bromelain.

Papain

Papain, a mild digestive enzyme, is found in papayas and helps in protein digestion.

Amylase, Proteases and Lipases

Amylases, proteases, and lipases are the major group of digestive enzymes, which are secreted by the pancreas. Amylase digests carbohydrates, protease digest protein, and lipase digests fats. These enzymes are available in capsules and should be taken just before you eat.

It is best to use enteric enzymes, which are capable of reaching the small intestine where they are needed. These enzymes are coated so they can pass through your stomach HCL without getting destroyed.

Method 69: Good Bacteria

Health Drug Alert: If you are taking antibiotics, you need to take a "good bacteria" supplement. Antibiotics will kill many of the bad and good bacteria in your colon allowing the bad bacteria to become more dominant. When this happens, you are more susceptible to creating an in-balance in your colon and creating diarrhea.

Acidophilus is a good bacteria. It must be the dominant bacteria in your colon; otherwise, you will be susceptible to many colon problems including constipation.

How can you bring good bacteria like acidophilus into your colon. The stomach acids and the high alkaline environment of the small intestine prevent any reasonable amount of acidophilus to reach your colon. And, any acidophilus that does reach your colon will most likely be attacked and destroyed by the bad bacteria. If your colon is toxic and alkaline, this furthers the chances the acidophilus will be destroyed in your colon.

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It is best to first feed your good bacteria with milk whey as described elsewhere so the exist good bacteria can multiple. Once this is done and you reestablish a high-level of good bacteria in your colon, then take acidophilus and other good bacteria by,

- Taking 2-3 **regular** capsules of good bacteria between meals with distilled water so to not activate the high levels of destructive stomach acid.
- Taking 2-3 **enteric** capsules of good bacteria so the good bacteria by passes the stomach acids and opens in the small intestine.

Feeding the good bacteria milk whey

One of the best ways to increase the good bacteria in your colon is to feed the existing good bacteria so they become healthy. Taking 3 - 4 tablespoons in 8 oz of water of edible-grade dairy whey does this. This should be done daily for 3 – 8 weeks.

WEB LINK

At Advance Health Solutions you can get more information on edible whey. You can order this product at this Website.

<http://www.thewholewhey.com>

Add whey to your morning cereal, smoothies, or distilled water.

Fructooligosaccharides (FOS)

If you cannot digest milk, then you can feed the good bacteria with FOS, a short-chain polysaccharides, which is a carbohydrate found in some grains, fruits and herbs. This carbohydrate is a natural complex of sugar. Since FOS is only partially digested in the intestines, it reaches your colon where it is the food used by good bacteria. Providing food to good bacteria helps to strengthen, stabilize, and multiple them in your colon. FOS also helps to clean your colon and build the cells in your colon wall.

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Other carbohydrates that reach your colon undigested are called GOS, Galactooligosaccharides and inulin.

Health Tip: Providing FOS, GOS, and inulin supplements to your diet will increase absorption of calcium and magnesium and help to remove toxic material from your colon.

Some foods that contain FOS are Jerusalem artichokes, onions, leeks, burdock, chicory, garlic, and asparagus.

Because FOS is not available in the many foods you eat, it may be necessary for you to take it as supplement while you are working on rebuilding your colon function.

The FOS recommended dose for promoting good bacteria in your colon is 3000 mg each day taken during meals.

Method 70: Barley

Eating muffins or other breads made from barley flakes or flour has shown to clear up constipation. Eat around 3 muffins each day. Make sure you drink plenty of water during the day. Barley has been found to reducing heart, cancer, and digestive problems

Method 71: Beans

All kinds of bean and peas can help you erase your constipation and prevent it. Beans have are high in fiber and will make your stool softer and increase its stool size. Beans also stimulate the good bacteria in your colon by providing short chain fatty acids, which they use for food.

Here's how to use beans for constipation.

Cooking - Clean beans with distilled water to remove dirt and small rocks. Soak beans for 2-4 hours. Dump water and place beans into a crock pot. Set the pot to low and add some garlic cloves. At the low setting, the beans will cook under 112 deg F. At this temperature the enzymes in the beans will not be destroyed. These cooked beans will be

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considered live food. Cook the beans for around 8 hours or until soft and eatable.

Eat one half cup to one cup of beans daily to break up constipation. The fiber available in one of cup of different types of beans is:

- Black eye beans 7.4 grams
- peas, canned 5.4 grams
- Kidney beans 5.0 grams
- Pinto beans 4.6 grams
- Navy beans 4.6 grams
- Lentils 1.7 grams

A Lentils Soup Remedy

Here a soup recipe that will relieve your constipation. Cook lentils and make a soup adding the following:

- Add cooked brown rice
- Add carrots, celery, onions, garlic
- Add a tablespoon of lecithin when adding the carrots
- After the soup is made and starts to cool, add a tablespoon of flaxseed oil

Method 72: Prune Juice, Applesauce, and Oat Bran

Mix, in a bowl, equal amounts of,

- Prune juice
- Applesauce
- Oat bran or any other bran
- Six ground up almond
- A squeeze of lemon

Make the consistency to your liking.

Take 3 tablespoons or more each day. Best time is morning, noon and night.

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Method 73: Agar-Agar

Agar is a type of seaweed that can be used to help relieve constipation in 2-8 day if you use it every day. Boil it in water to dissolve it and form a jelly. Flavor it with a juice, a fruit puree, and honey or any other type of flavoring that appeals to you.

Method 74: Sea Salt Drink

Saltwater has a fast action in clearing out your colon. If you need to clear your constipation fast this is the method to use. Do not use this method often since it purges everything out of your colon good or bad. After using this method follow it with a week or two of good bacteria supplements.

Salt has a softening effect on hard fecal matter in your colon and helps to lubricate your colon walls. Limit your salt intake if you have high blood pressure or edema. Salt in excess has a damaging effect on the blood. However, seaweeds, herbs, vegetables that contain sodium and other mineral salts are not harmful to the body.

It is best to use sea salt for this cleansing. Sea salt has many minerals that are beneficial to your health. Only use regular salt if cannot get sea salt.

Add two teaspoons of sea salt to a glass of warm distilled water. Drink on an empty stomach. Drink first thing in the morning. You should have a bowel movement within one hour.

Health Alert: Do not use this method if you have edema or hypertension

Bentonite

Bentonite is a natural clay mineral that comes from volcanic ash that has eventually become clay. This clay

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has special properties that enable it to clean out your colon of toxic matter. It is high in sodium and this gives it electrical properties that help bind toxic matter to its atomic structure.

Bentonite is useful in assisting fruits and vegetables to clean out your colon and makes it an area more livable for good bacteria. It also is good for reducing constipation.

Choose only high purity bentonite, which contains high levels of sodium and low levels of calcium. Great Plains Bentonite makes one such product.

Let's go to the next chapter.

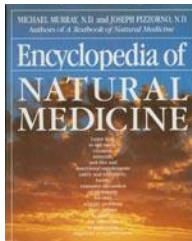
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Chapter 14: Illnesses that Constipation Causes, Which Can Destroy Your Life

When you have constipation, you have fecal matter in your colon that needs to come out. Fecal matter that stays too long in your colon hardens, decays, and becomes putrefied.

When you are constipated you will have various symptoms you may not associate with your condition. You could have a feeling of being-out-of-sorts or being depressed. You could have headaches, bad breathe, sour stomach, bloating, abdominal pain and hardness.

In their book, *Encyclopedia of Natural Medicine*, 1991, Michael Murray, N.D. and Joseph Pizzorono, N.D, points out that,



“Antigens and toxins from bowel bacteria have been found to be possibly related to the development of diabetes mellitus, meningitis, myasthenia gravis, thyroid disease, ulcerative colitis, and other diseases.”

In this chapter we will cover the symptoms, conditions, and illnesses that are associated with constipation.

Perhaps the most critical thing to understand about constipation whether it happens only once in a while or frequently year after year is that:

Fecal matter that stays in your colon longer than it should forms a toxic bundle. This bundle then becomes the source for a toxic colon and body. A toxic colon and body sets the stage for various illnesses that can make your life miserable or can shorten your life.

What are some of the conditions that are caused by constipation? This list is long.

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- Abdominal discomfort, gas pain, heartburn
- Acid Reflux
- Alternating constipation – diarrhea
- Appendicitis
- Arthritis
- Back Pain
- Ballooned colon
- Boils, Pimples, and Skin Rashes
- Breast Cancer
- Cellulite
- Colitis
- Colon cancer
- Colon Degradation
- Diverticulosis
- Excessive bad bacteria
- Flatulence
- Growth of unfriendly bacteria – bad bacteria uses decayed fecal matter and creates by products that cause cancer and other illnesses
- Halitosis
- Headaches
- Heart problems
- Hemorrhoids
- Hernia, hiatal or inguinal hernias
- IBS
- Impaction
- Indigestion
- Insomnia
- Liver weakness
- Maldigestion
- Nagging back pains
- Nausea
- Nutritional deficiencies
- Obesity, weight gain
- Reabsorption of estrogen
- Readsorption of bile and cholesterol
- Spastic colon
- Tight colon
- Toxic colon
- Unclear thinking

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- Varicose veins
- Weight gain
- Worms, parasites

Acid Reflux

When fecal matter remains too long in your colon, back pressure builds up in your colon and affects the food coming into the stomach and small intestine. This pressure can cause food to be pushed backwards and gases from your colon to flow out of the mouth. This gas can irritate the throat and mouth lining and produce bad breath.

Appendicitis

The appendix is part of the lymphatic system just like tonsils. It releases lubricants and antiseptic liquids that stimulate peristalsis and protect the surrounding tissue.

Appendicitis occurs when you lack fiber in your diet. Without fiber, the fecal matter that moves into the appendix becomes stagnant and does not come out. This stagnant matter becomes putrefied and toxic and eventually leads to appendicitis.

Arthritis

Poisons from your colon can go to the joints and cause stiffness and pain. Constipation is one of the symptoms that exists before the appearance arthritis

Constipation causes arthritis.

Back Pain

Back pain can be cause when you have constipation. This happens when toxins and toxic gases move from your colon into the lower back muscles and tissues, creating an acid condition.

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Minerals in the lymph liquid try to neutralize all the toxic matter but don't always succeed, especially when your body is deficient in minerals.

Continual constipation uses up much of the minerals in the lower back, creating an acid condition in the lower back. This results in pain, weaken muscles, and tension that pulls the vertebrae out of position. This results in the need for a physical therapist or chiropractic care.

Adjustments the chiropractor makes will not hold if you continue to have constipation and fail to eat foods that provide you with high levels of minerals – vegetables and fruits.

Ballooned Colon

A ballooned colon is a condition where your colon is larger than normal and expanded outward. Your colon walls have lost their strength and tone. This occurs when you are constipated and the fecal matter remains in one spot too long. As more fecal matter accumulates in this one spot, your colon walls continue to balloon out.

Boils, Pimples, and Skin Rashes

Boils and other skin eruptions occur when your colon is overload with toxin and cannot remove them fast enough through bowel movements. If you are constipated, the body will use your other channels of elimination to eliminate toxins from your colon – skin, kidney, lungs, lymphatic system. These toxins, as the come into the skin, cause infections, pus, and eruptions to appear.

Breast Cancer

Constipation can also increase the risk of getting breast cancer. Constipation resulting from high levels of bad bacteria in your colon creates an environment where less

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bile salts and estrogen are detoxified. This condition has been related to breast cancer and cancer.

Researchers at the University of California at San Francisco have discovered that women who only have 2-3 bowel movements each week show signs of abnormal cell proliferation in the aspirated breast fluids.

In addition, toxins from a contaminated colon need to be moved out of the body. The lymphatic system helps to move and detoxify these toxins. When the body is overload with toxins the lymph nodes become clogged and accumulate toxins, which prevent their removal. This condition can lead to diseases of various types.

Colitis

Colitis is an inflammatory or ulcerative condition that occurs along your colon or rectum wall..

Colitis, caused by emotional stress, excessive bad bacteria, food allergies, and poor diet, causes excessive diarrhea. Many of the causes of colitis are similar to those that cause constipation.

Inflammation of your colon walls in colitis can produce bleeding, which can darken the stool color.

Health Alert: Colitis typically requires a low fiber and high protein diet. If you have colitis it is critical you review with a Nutritionist the type of colitis you have so they can recommend the right eating plan for you.

Colon Cancer

If you have a tumor in your colon this could block the movement of your fecal matter. This condition could cause constipation and result in small diameter stools.

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Colon cancer occurs more frequently in people who eat meat – beef or chicken. This happens since meat promotes the growth of bad bacteria, which converts regular bile, coming from the gallbladder, into a cancer promoting substance.

Since meat moves slowly through your colon and especially when you are constipated, these cancer promoting substance have the opportunity to stay in contact with your colon wall longer or to embed themselves into your colon wall.

Because fiber helps to speed fecal matter through your colon, fiber helps prevent colon cancer. In addition, fiber feeds the good bacteria, which weakening the bad bacteria and their toxic effects.

Crohn's Disease

Crohn's is a severe inflammatory condition of your colon. This inflammation typical occurs at the last portion of the small intestine near the ileocecal valve and the start of your colon. Overtime bowel function is affected as it is with all other infections, inflammations or ulcers in your colon.

Crohn's disease affects absorption of vitamin B12 and reabsorbtion of bile salts. Deficiencies in these nutrients can lead to other serious diseases.

Crohn's is typically caused by an infectious organisms, diet, or emotional issues. Like constipation, a high fiber diet is recommended.

Excessive Bad Bacteria

Constipation causes bad bacteria to multiple. As fecal matter remains stagnant in your colon, the pH in your colon becomes more alkaline which is the environment which promotes the growth of bad bacteria and the elimination of good bacteria.

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Diverticulosis

Diverticulosis is caused by constipation. This happens when fecal matter in your colon remains too long at one spot creating toxic weak spots along your colon walls.

Constant constipation with increased pressure from fecal matter and fecal matter gases causes these weak spots to bulge or become irritated and infected. These outward bulging spots are known as a hernia or diverticulosis.

When you have a weak or toxic point on your colon walls, the straining and the constant peristaltic action your colon makes, to move food from a poor diet, creates small pouches. These pouches can become inflamed and filled with toxic fecal matter.

As this disease become worse it creates constipation and it was constipation that first created them. A high fiber diet is recommended for you if you have diverticulosis

Flatulence

Flatulence is gas that is passed out of the rectum. This gas is created from the:

- Air we swallow during eating
- Gas created by bacteria acting on undigested food in your colon
- Gas created by bacteria acting on fiber
- Gas created from decaying and purifying food in your colon.
- Gas created in the stomach or colon because of anxiety and tension.
- Gas that is contained in carbonated drinks that we drink

What kind of gas is this? Most of it is carbon dioxide with hydrogen sulfide, the smelly part of flatulence, and

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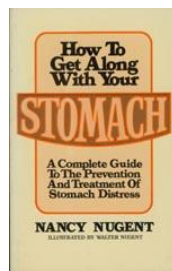
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methane. Some ammonia gas is also created and passes through your colon walls and into the bloodstream, which then has to pass out through the urine.

When you have constipation, this gas can become trapped in your colon, creating pain and discomfort in the abdominal area.

In her book, Nancy Nugent, *How to get along with your Stomach, 1979*, she quotes Dr. Michael D. Levitt of the University of Minnesota as saying,



"Ideally, the gas should then pass out through the anus as flatus, but it may become trapped in the intestinal tract by an obstruction or by the peristaltic inactivity (constipation) cited Dr. Levitt. If so, the result will be predictable: bloating and pain."

Heart Problems

One side effect of constipation is straining to have a bowel movement. This creates an increase in blood pressure, which can trigger a heart attack in anyone with a weak heart or arteriosclerosis. This means if you have any cardiovascular conditions – high blood pressure, angina, weak arteries, and so on - you need to be careful and make sure you don't get constipated. Follow the remedies and eat the foods that I have outline in this ebook .

Hemorrhoids

Hemorrhoids are related to constipation. They are blood vessels in the lining of the rectum that have enlarged. This occurs when you are constipated and have to strain and push to have a bowel movement. If you strain to have bowel movements, year after year, you will develop hemorrhoids.

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Straining to have a bowel movement will also produce varicose veins, hiatal hernias, or diverticulosis.

Hemorrhoids are more common in men than women. Hemorrhoid symptoms are bleeding, itching, mucosal discharge, protruding tissue, discomfort, and pain in the anus.

When bleeding occurs, you will see blood in your stools and towel tissue and it will diffuse rapidly in the toilet bowl water.

To give the area in the anus with hemorrhoids a chance to heal, it is necessary to have bowel movements that are free from straining and puffing. This is accomplished through the proper combination of natural laxative remedies and diet.

Impactions

Impactions are an accumulation of fecal matter on your colon walls. This occurs over years of eating a poor diet. This causes gummy, pasty, and sticky fecal matter, which accumulates along your colon walls.

This bowel condition is where small pockets form along your colon walls which collect fecal matter, which does not move out during regular bowel movements. Overtime this trapped fecal matter becomes putrefied and toxic.

Impaction can also occur when fecal matter becomes attached to your colon wall where it remains despite fecal matter passing over it. It becomes harden and later it becomes difficult to remove.

Liver Weakness

Constipation weakens the liver. The liver is responsible for filtering out toxins from the blood that comes from the stomach and your colon. When you have constipation,

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fecal matter remains longer in your colon than it should. This gives toxins the time to become absorbed into the blood and into the liver.

When the liver gets overwhelmed with toxins, the liver weakens, blood is not clean, and blood circulation is decreased. The liver produces less bile, which then affects your colon's peristaltic movement and this leads to constipation.

Estrogen Reabsorbtion

Constipation creates a condition where estrogen can be reabsorbed into the blood. This can lead to excess estrogen levels in the body. High estrogen levels are associated with breast cancer and infertility.

Normal bowel movements can lead to normalizing estrogen levels in the blood.

Spastic colon

Spastic colon is a condition where the walls of your colon have diminished tone and have become misshapen. When this occurs, bowel movements do not occur on a normal frequency. This condition occurs with years of poor eating habits or emotional strain

Tight Colon

This occurs when excess tension exists in your colon walls. This causes the walls to narrow down and decrease the size of your colon opening. This condition leads of excessive bouts with constipation and results from anxiety and excess nervous tension. A poor diet adds to this condition.

Toxic Colon

When you have constipation, cholesterol elimination is blocked and remains in your colon until you have a bowel

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movement. The longer cholesterol stays in your colon the higher chance it has of being reabsorbed into the body.

This is why fiber is necessary in your diet. Fiber helps to bind cholesterol so it is not reabsorbed into the blood but passed out of your colon in the fecal matter.

Where does this cholesterol come from? It comes from the liver bile that passes into the gallbladder. The gallbladder releases this bile into the small intestine.

Fiber also binds with bile, various wastes, toxins and carcinogens in your colon so they are not reabsorbed into your bloodstream. Without fiber, constipation sets in allowing toxins to become fermented, decayed, and purified. These toxins can be absorbed back into our body. This condition is called a toxic colon.

Another benefit of fiber is that in your colon, fiber will delay absorption of sugar and sugary substances into the blood. This helps to prevent many other diseases related to sugar.

Unclear thinking

When your fecal matter slows down or stop moving in your colon, chances are you will experience foggy and unclear thinking. Slow moving fecal matter leads to many conditions that stress and pain your gastrointestinal system. This stress and pain, which you may be unaware of, steals part of your awareness leaving the other part of your total awareness for creative thinking and problem solving.

When you are under pain, your thought process must concentrate part of its awareness on the pain. This is part of your survival mechanism. When you are pain free, this is the time when you will be the most creative and have the ability to have clear thinking, which can result in producing the best performance in whatever you do.

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Weight Gain

When your colon becomes impacted with mucus and dried fecal matter, your colon is in a toxic state. This allows toxin to move into the body and eventually plug up the lymph nodes and system. This blockage, as it gets more serious, can result in swelling of the legs and torso.

A toxic colon prevents the total absorption of nutrients and this can cause you to overeat to get the nutrients your body needs.

In Burton Goldberg's book, *Weight Loss – Alternative Medicine Definitive Guide, 2000*, Burton points out,

"Toxins that build up in your colon pass through the intestinal wall and accumulate in the lymphatic system

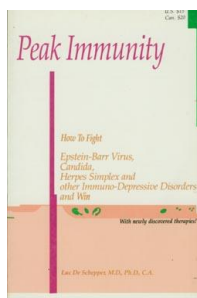


– a network of vessels and nodes that clean and drain the body of toxic substances. When the flow of toxins from your colon becomes too heavy, the lymph can become blocked and cause toxins to back up throughout the body. The result can be swelling of the torso and legs, damage to the liver and other

detoxification organs and blood toxicity ...this is one of the main reasons for obesity," explains naturopath Richard Anderson, N.D.,N.M.D

Worms and Other Parasites

Luc De Schepper, M.D.,Ph.D., C.A., in his book, *Peak Immunity*, reminds us that,



"millions of Americans discover each year, we have parasites too. Many, in fact, are native to this country. You can get them without leaving your home...The parasites range in size from a microscopic single-celled

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protozoan to a worm that may exceed 30 feet in length."

Let's see the next chapter.

Chapter 15: The Real Reasons You Have Constipation

Causes of constipation

Your colon is designed to move undigested matter and various bodily wastes through its tract and out the rectum. It does this naturally only when this matter and waste have bulk or fiber. It is this bulk or fiber that pushes against your colon walls and triggers peristaltic action. You can only get this bulk when you eat plenty of fruits, vegetables, and grains that have a combination of soluble and nonsoluble fiber.

Meat, fish, and dairy products have little or no fiber. In your colon these foods do not move easily and remain too long in your colon.

Constipation habits come from unnatural living

Constipation is a complex symptom that is caused by many conditions that have amassed in the body and cause your colon to malfunction.

Constipation can be caused by a physical weakness due to surgery, inactivity, or deformities, which were inherited or acquired through injury or surgery. Constipation caused by these conditions can be improved by using natural nutrients and alternative methods. However, it is more difficult to help this type of constipation since the physical conditions have to be improved.

The continual use of medications or drugs of any sort can cause constipation. It can be caused by the excess use of laxatives. It can be caused by the continual use of certain minerals or vitamins.

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Psychological constipation

Constipation is also related to psychological and emotion issues. Anxiety will cause the nerves, wall tissue and muscles in your colon to tense up. If you have a personality that holds feeling or thoughts inside you and do not discuss them with those people you should, you will mostly likely have continual constipation.

Health Alert: If you have stresses and anxieties in your life, constipation can be a result. Anxiety can also overwork the Adrenal gland making it output cortisol. Overtime, because cortisol is toxic to the brain, cortisol will damage and kill brain cells, which can lead to premature old age and Alzheimer's. You will also feel tired and run down when you over stress your Adrenal.

Sometimes constipation can suddenly appear when changes in normal living habits and stressful conditions have occurred – flying out of your time zone, having personal confrontations at work or within the family.

Infrequent bouts with constipation are really nothing to worry about and can be corrected with many of the suggestions listed in this e-book

The main cause of constipation is the continual eating of processed foods, which have little food value or fiber and are packed with poison additives. This results in colon wall weakness where fecal matter cannot even be push out of the rectum.

Eating food with little or no fiber creates fecal matter that is mushy or hard and compacted. Mushy or compact fecal matter is hard to move along your colon and your colon walls tire after many peristaltic movements. After a time, your colon walls stop trying and you end up with constipation.

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Constipation is a body condition you have created by improper living choices, which you can change. It is sometimes an easy symptom to eliminate and at other time difficult to deal with. It occurs from a complex of many things. Like so many other body conditions or illnesses, it is a result of:

- Absorbing too many toxins into the body
- Anxiety and depression
- Being bedridden
- Having colitis, or spastic colon.
- Having diabetes
- Having diseases of the anus or rectum such as Having tumors, diverticulosis
- Drinking coffee
- Drinking milk
- Drinking sodas
- Drinking tea
- Eating excess protein
- Eating food that doesn't have fiber
- Eating processed foods
- Eating sugars
- Eating to much food at one sitting
- Excess exposure to organophosphate insecticides
- Excess use iron supplements
- Excess use of enemas
- Excess use of seasonings
- Excessive Calcium in the body
- Fatigue
- Food sensitivities
- High fever – colon accumulates heat and hardens stools
- Hypothyroidism, Low levels of thyroid hormone
IBS
- Kidney failure
- Lack of good bacteria
- Mineral Deficiency
- Nerve disorders of your bowel
- Not chewing food completely

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- Not drinking enough water
- Not enough exercise
- Older people
- Overeating
- Overuse of laxatives
- Overdose of Vitamin D
- Parasites
- Poor digestion
- Postponing a bowel movement
- Pregnancy
- Premenstrual tension
- Spinal injuries – people with these injuries can have damage to the nerves that regulate bowel moments
- Toxic liver
- Use of prescription drugs
- Various diseases

Health Alert: Constipation can be a symptom of the start of a disease or illness. Do not take OTC laxatives, which will mask the illness, that eventually has to be dealt with.

Absorbing too many toxins

Taking in too many toxins – pesticides, insecticides, heavy metals, food additives, and air pollution - from various sources can create constipation. Each of these toxins and chemicals can have different reaction in your colon so your colon does not function properly.

Aluminum Toxicity

Aluminum toxicity is one of those conditions you might not think much about. So, you need to be informed as to what damage excess aluminum can do and how it gets into your body.

First, aluminum in the stomach can affect digestion by binding with pepsin, which helps to breakdown protein.

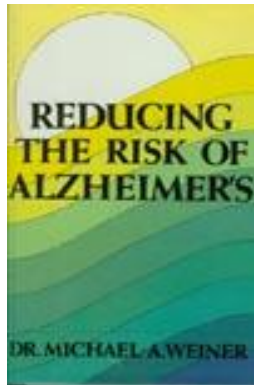
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Aluminum is an astringent and will dry your colon wall tissues and mucus lining causing constipation.

Aluminum can also affect the function of the heart, liver, bladder, stomach, and brain. Excessive aluminum in your body can produce serious illnesses, such as Alzheimer's disease, senility conditions, breast cystic disease, and Parkinson.

In *Reducing The Risk of Alzheimer's*, 1987, Dr. Michael A. Weiner, writes about how aluminum affects different body systems.



"GASTRIC DISORDERS. It appears the use of aluminum-containing antacids in normal persons delays the emptying of the stomach into the intestines by decreasing the contractions of the stomach muscles. In addition, such antacids can cause severe constipation by again inhibiting muscle contraction the intestines.

An aluminum overload can also cause flatulence, inflammation, and colitis."

Anxiety and Depression

Sometimes, people who have excessive repressed feeling, which is the cause of anxiety and depression, keep thoughts and behaviors inside themselves. This personality characteristic can be associated with constipation.

By holding feelings to yourself, your mind will reflect your thoughts throughout your body and hold on to your fecal matter. Holding in your feelings puts tension in your colon muscles leading to constipation.

Drinking Coffee and Tea

Note although coffee can be a laxative; caffeine can also contribute to constipation in some people.

Tea

Drinking up to 68 oz of tea each day is known to cause constipation.

Drinking Sodas

Drinking sodas is probably one of the most harmful habits. It contains excess sugar and can interfere with your digestion. When food is not digested properly, it leads to undigested food reaching your colon.

Eating excess protein

Protein from meat has no fiber. It is high in saturated fat. Both of these characteristic lead to constipation. Without fiber it is difficult for meat to move through your colon. Excess saturated fat, in your colon, attracts and binds minerals, which are moved out in your stools. These minerals are necessary for your body and colon's health and are normally reabsorbed through your colon wall.

Eating Processed Foods

Constipation is caused by eating white flour, sugar, bread, cheese, and processed foods. It is these foods that weaken the spleen, which is responsible for passing energy to your colon to function properly.

It helps to eat whole bran or whole-wheat products to eliminate constipation, but straight bran stresses the body since the body is not eating a balanced food. Bran is a partial food, it is part of the wheat.

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Eating Sugars

Sugar is a processed food that has no nutrient value and has no fiber. Using it over a long time eventually is a cause of constipation.

Excess Iron Supplement

Constipation is associated with taking excessive iron supplements. However, there are some studies that suggest that this is not the case. If you are taking iron supplements and constipated, you can always experiment by reducing your intake to see if your constipation is relieved.

Health Alert: When under a doctors care, Always check with your doctor before changing iron doses.

I always recommend you take your mineral supplements when you have a meal and this includes iron supplements.

Excess use of enemas

Using too many enemas is like overusing laxatives. Your colon becomes lazy and becomes dependent on the enemas to move the fecal matter out the rectum.

Excess use of seasonings

Using an excess use of pepper, salt, and condiments can lead to constipation. Limit your use of these seasoning. Overtime decrease the amount of salt and pepper you use to season your food. Learn how to use herbs to season your food.

When you eat too much salt, more water is absorbed through your colon walls, leaving your fecal matter with less than 80% water. When this happens your fecal matter becomes dry and hard, making it difficulty for you to have a bowel movement.

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When you do not have enough salt in the foods you eat, less water is pulled through your colon walls. This leaves your fecal matter with excess water. Your fecal matter will not have much form and your stools will be watery.

You don't have to add salt to your food to get the right amount of sodium into your colon. The salt you really need is organic salt, which you get from eating fruits and vegetable.

Excessive Calcium in the body

Taking an excess of calcium can weaken colon muscles and cause constipation. What is an excess of calcium? A recommended level for calcium is around 1000-1500 mg each day. Calcium must also be balanced with other minerals especially magnesium.

Calcium should never be taken as a single supplement but should be taken in combination with other minerals and taken with meals.

Food sensitivities

Food Allergies have also been known to cause constipation. If you are allergic to certain foods, they can irritate your colon walls as they form the fecal bulk. This irritation can cause your colon to contract and prevent the fecal matter from moving into the sigmoid or rectum.

Health Tip: [If you have allergies or have had them in the past and are having reoccurring bouts with constipation, re-evaluate your allergies for new allergic substances.](#)

High fever

When you have a fever, the heat accumulates in your colon and hardens your fecal matter. This makes it more difficult for you to have a bowel movement.

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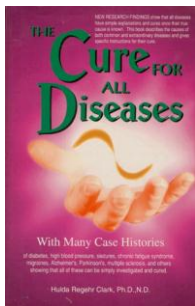
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Lack of Good Bacteria

A balance between good bacteria and bad is necessary for your colon to work right. We know that bad bacteria are always in your colon just waiting for the opportunity to become dominant.

When the good bacteria are dominant, chances are you will not have constipation. Dominant good bacteria indicate your colon is working well and that fecal matter will move naturally through your colon.

In her book, *A Cure For All Diseases, 1995*, Hulda Regehr Clark, PH.D, N.D., points out,



“Bacteria are part of the cause; and part of the results! Constipation increases the bacteria level which causes further constipation! You may solve the constipation problem immediately by zapping. Even though this kills some “good” with some “bad” bacteria, no harm is done. The stool is re-colonized in one to two days.”

Avoid using antacids, OTC laxatives, and antibiotics since they kill good bacteria.

Mineral Deficiency

When your body is deficient in minerals, you will have an acid body that will not function well. Your colon typically recycles ionic minerals by pulling them out of the fecal matter, moving them through your colon wall, and transferring them into the bloodstream.

You need minerals to neutralize the excess acids in your small intestine, colon and throughout your body. Without

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a constant supply of minerals, your colon will not function like it should.

Overeating

If you overeat, your body may not be able to digest all of this food. Undigested food is not absorbed in the small intestine and will move into your colon. This undigested food is difficult to move through your colon and can cause constipation. This slow moving undigested food will decay, create gas, and produce a toxic colon.

Large amounts of slow moving fecal matter in your colon and the gas produced will enlarge your colon. Repeated enlargement of your colon will weaken your colon walls and lead to less peristaltic action.

Not drinking enough water

One of the functions of your colon is to remove water from fecal matter as it passes through your colon. This prevents your body from eliminating too much water through your stools and becoming dehydrated. The removed water is used in your blood and lymph liquid.

When you do not drink enough water, fecal matter will not move through your colon quickly. This gives your colon walls more time to remove water from your fecal matter. This in turn causes your fecal matter to become hard and dry. When fecal matter gets hard, it becomes difficult to move through your colon. The longer it stays in your colon, the harder it gets. Peristaltic action will move it slowly and as more fecal matter enters your colon from other meals you will soon be constipated.

Under normal conditions, your body alerts you to when you need to drink water by making you feel thirsty. This should be your guide to how much water to drink. The problem arises when you ignore this thirst and your body becomes dehydrated.

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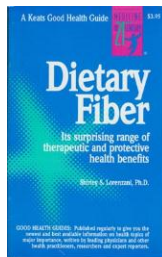
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This is why it is recommended you keep track of how much water you drink, 32 oz minimum. However don't force yourself to drink more water. But do have water available so when you feel thirsty you can drink right away.

If you have pain in the lower left part of your abdomen because of constipation, drinking water should relieve this pain.

Not enough exercise

In her booklet, **Dietary Fiber, 1988, Shirley S. Lorenzni, Ph.D, states,**



"Inactivity contributes to constipation. You may have noticed this during a period of bed rest or while you are traveling. Some scientists believe that lack of physical exercise, not old age, causes constipation in the elderly. A recent study in African revealed a definite connection between exercise and fecal output"

Older People

As you age, you are more likely to have constipation. As you get older, the walls of your intestines and colon weaken and loose tone. This makes it more difficult to have good strong wall movements, which are necessary to move chime and fecal matter through your intestines and colon.

Colon weakens when you don't supply the right minerals to your colon walls. Plenty of potassium is needed to make your colon walls flex. Potassium is obtained from both fruits and vegetables.

Tone is lost when you don't exercise and eat the right foods. Exercise forces your stomach muscles to contract

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and extend. This movement strengthens your intestinal and colon walls and at the same time helps to push fecal matter in your colon towards your rectum.

Cells that secrete water along the intestinal walls decrease, as you get older. Overtime less water is secreted and absorbed by the fecal matter making them harder. This condition makes the fecal matter difficult to move along your colon.

Overuse of laxatives

Using laxatives damages nerves inside your colon walls. When used excessively, you can become dependent on them. Drugs store laxatives can create the condition you are trying to eliminate – constipation. Use them sparingly or consult a doctor before using them.

Overdose of Vitamin D

Taking an excess of vitamin D can cause constipation. This does not happen to often since most people produce enough vitamin D by being out in the sun. The problem can arise for children and older people who are confined indoors and need to take vitamin D supplements.

Parasites

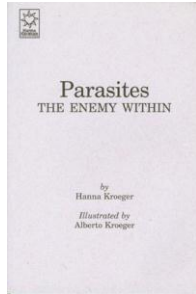
Most parasites that we absorb from outside our body live in your colon. Of course we also see them in our blood, lymph liquid, organs and even on our skin. These parasites attach themselves to your colon walls and cause many irritating symptom like diarrhea, constipation, flatulence, headaches, and poor memory. They can also cause more serious problems such as holes in your colon wall. When this happen fecal matter can cross your colon wall, get into your blood, and cause allergic reactions.

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Don't think you don't have parasites. This would be a big mistake. Most everyone has some sort of parasites in their body.

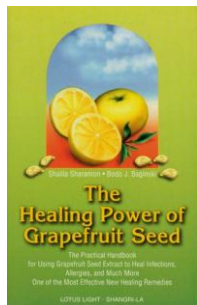
In her book, **Parasites – THE ENEMY WITHIN**, Hanna Kroeger, 1991-2001, says,



“Here are some dietary suggestions. A diet high in carbohydrates and low in protein has been found to make parasitic infections worse. When the body is in an alkaline condition the parasitic infection sets in. It is best to keep the diet slightly acidic both as a preventive measure and when treating the infection. Foods that help keep the intestines acidic are apple cider vinegar and cranberry juice.”

Parasite waste and excretions are toxic to your body and make your colon pH more alkaline. You need your colon to be slightly acidic. This makes your colon more livable for your good bacteria.

In their book, **The Healing power of Grapefruit Seed**, 1997, Shalila Sharamon and Bodo J. Baginski summarized the importance of using grapefruit seed extract,



“After we have seen how easily pathogens - whether they are bacteria, viruses, fungi, or parasites – get into our body and how much havoc they can wreak, the question may arise: “Wouldn't it be smart to take a few drops of grapefruit seed extract every day as a preventative against the uninvited guests? Since it is non-toxic, it can't do any harm but will be beneficial.”

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How do you know if you have parasites? A few of the symptoms are:

- Bluish color in the whites of your eyes
- Itching in the rectum area
- Fingernails that are brittle, hard and are concave, curving upward

Poor digestion

Food digestion is the responsibility of many organs in the body - the mouth, stomach, liver, gallbladder, spleen, pancreas, small intestine, and colon.

When food is not broken down where it can be absorbed through the small intestine, it will continue to your colon. There in your colon bad bacterium will break it down causing your colon to become more alkaline. This change in pH will reduce the good bacteria population, which will eventually lead to constipation.

Postponing a bowel movement

Each time you have an urge to have a bowel movement and don't head for the bathroom, you are training yourself to be constipated. This does not happen overnight but over many years of practice.

Delaying bowel movements can be a result of:

- Being in someone else's home
- Being where bathrooms are not readily available
- Not being able to use other's bathroom but your own
- Only going to the bathroom, when, everything is to your satisfaction.

So here's happens when you delay the urge to go to the bathroom. When your rectum is empty, it is collapsed. From the sigmoid colon, fecal matter enters the rectum;

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fills it, and you get a desire to have a bowel movement. If you ignore this desire too long, the nerves in the rectum wall lose their sensitivity to the fecal matter irritation and pressure.

As the fecal matter sits in the rectum, more moisture is pulled out of the fecal matter by the rectum walls. The fecal matter becomes harder and harder the longer you delay your bowel movement. To remove this hard fecal matter, you will have to strain to push it out. Straining and puffing to have a bowel movement will cause rectal blood vessels to enlarge and cause excessive pressure on other organs.

Postponing your bowel movement regularly will cause to become irregular.

Make sure you have your bowel movement when the urge hits or soon after. Let other things wait while you take care of the most important thing – a bowel movement. This is training you to be unconstipated.

Spinal injuries

People with spinal injuries can have damage to the nerves that regulate bowel movements and this results in having long-term constipation.

Pregnancy

Being pregnant can cause you to be constipated. As the fetus grows, it starts to put pressure on the stomach, intestines, and rectum.

Toxic Liver

The liver produces bile, which is released by the gallbladder at the right time. Bile breaks up fat into small droplets so it can be digested and absorbed in the small intestine. Bile also makes your fecal matter softer and promotes peristaltic motion.

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When more fat than normal is embedded in the fecal matter, it moves slower in your colon. This is caused by fat not being completely absorbed in the small intestine.

When the liver is toxic, it will not produce enough bile and fat will not be properly digested. Of course, if your gallbladder is not working well or if it has been surgically removed, the right amount of bile will also not reach the small intestine.

Use of prescription drugs

One side effect of some calcium channel blockers is constipation – Calan, Isoptin. Drugs like Amitril, Elavil, Endep, Janimine, Surmontil, Tofranil and Vivactil that are used to treat depression can cause constipation.

Other drugs that can cause constipation are:

- Antacids
- Anticonvulsants
- Anticholinergics
- Antihypertensives
- Antidepressants
- Anti-parkinsonism
- Anti-psychotics
- Muscle relaxants
- Opiates
- Diuretics
- Iron salts

Now we can go to the next chapter.

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Chapter 16: You Can Prevent Constipation and Move Your Health to the Next Level

How do you prevent Constipation?

To prevent or relieve constipation you need to get your bowels to move and work naturally. This means you cannot be dependent on laxatives of any kind – drugstore or natural.

The natural laxatives listed in the previous chapters were to kick start your colon and move the stagnant fecal matter through your colon and out the rectum. They were for short-term use to give you quick relief from your state of constipation – one week or so. But these foods you can incorporate into you eating habits, but not in high amounts.

When you have moved out the stagnant fecal matter in your colon, you need to look closely at how to prevent constipated.

Preventing constipation will require a change in the way you eat, exercise, and think – a life style change - and this can sometimes be difficult. It requires a new mind-set and plenty of willpower. Don't wait until you have an illness to change your mind-set.

If the lifestyle you lead or the overuse of drugstore laxatives is producing constipation, then a change is necessary to prevent further constipation.

With a lifestyle change, you can expect to get back to normal bowel movements in 1-2 weeks and 3 at the latest.

Health tip: You will need a life style where you get plenty of fiber, moisture, lubrication, minerals, water and exercise to prevent constipation.

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Older people have to be more diligent in following good eating habits than those younger. Older people's digestive abilities have slowed down and their peristaltic sensors are less sensitive.

Changes to Make to Prevent Constipation

The following eating habits and lifestyles will help to prevent constipation. Don't try to make all of these changes at once. It is too difficult. Make these changes gradually. Not only will you prevent constipation but also you will create excellent health.

- Drink plenty of water
- Eat less processed carbohydrates
- Eat more nutritious food
- Eat plenty of fiber
- Eat the good oils
- Reduce emotional upsets – at home, office, and business
- Exercise regularly
- Feed the good bacteria
- Get plenty of rest and sleep
- Keep you colon acidic
- Take a good mineral supplement
- Use digestive enzymes

Drinking Plenty of Water

The body needs plenty of distilled water every day to eliminate toxins from inside and outside its cells and from the blood. When you don't drink enough water, your body becomes dehydrated and will pull excess water out of your fecal matter in your colon. This causes your fecal matter to become dry and more difficult to move through your colon.

Health Tip: **Drinking extra water is not to prevent constipation; it is for preventing you from becoming**

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dehydrated. When you become dehydrated you are subject to many illnesses including constipation.

If you drink more water, it will not move into your colon. The water you drink is absorbed through the small intestine and only a small amount will move into your colon as a lubricant and into the fecal matter.

If your body has plenty of water, it will draw less water from your colon and your fecal matter will not become dry and hard.

Best Water to Drink

What is the best water to drink? Facet water is out. There are three other forms of water to drink – regular bottled water, reverse osmosis (RO) water, and distilled water.

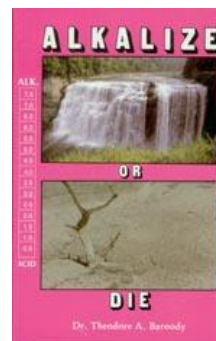
Distilled water is the best water to drink. It is the purest type of water and has all contaminants removed. Despite critics that point out this water can leach out minerals from your body, this water is the best and does not leach out minerals from your body.

Reverse osmosis water is the second best water to drink.

In his book, *Alkalize or Die*, 2002, Dr. Theodore A. Baroody, discusses distilled water.

"In my opinion, distilled water and alkaline-restructured water are the safest forms of water at this time of our earth's toxic exploitation. I encounter considerable resistance to the idea of drinking distilled water. These are the myths commonly believed:

- 1. Distilled water leaches valuable mineral out of your body.**



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2. It leaches minerals out of your brain and softens it;
3. It deprives you of important minerals you need from spring water.

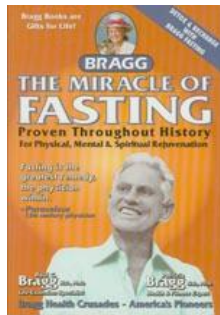
Why when I look for even one reputable source about the leaching out of valuable minerals from the body it is not to be found? ”

Water that contains inorganic minerals is not good for you. Typically this is known as hard water. Hard water, which contains many inorganic minerals, will eventually corrode the pipes it flows through or plug them up with deposits. It will do the same in your body.

Organic minerals are different than inorganic minerals in that organic minerals are obtained from fruits and vegetables. It is organic minerals – in electrolytic form – that help to maintain life, since they combine readily with vitamins, enzymes, and other nutrients to form compounds that are usable by the body.

In his book, *The Miracle of Fasting*, Paul C. Bragg points out that,

“Every liquid prescription that is compound in any drugstore the world over is prepared with distilled water. It is not true that distilled water leaches the organic minerals out of the body nor is it dead water. It is the purest and safest water that man can drink. Distilled water helps to dissolve the terrible toxic poisons that collect in people’s bodies. It passes through the kidneys without leaving inorganic pebbles and stones. If you wash your hair in rain (distilled) water, you will discover the softness of natural soft water.”



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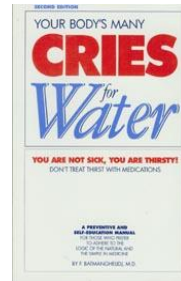
It is best to store distilled water in a glass container, if possible. Most plastic containers are made from polycarbonate plastic which contain Bisphenol-A. Bisphenol A has many health issues as shown in clinical studies.

Web Link for more information on plastic bottles

http://www.mercola.com/2003/apr/16/food_storage.htm

When is the best time to drink water? According to **F. Batmanghelidj, M.D. in his book Your Body's Many Cries for Water**, he says,

**"The best times to drink water are:
One glass one half hour before taking
food – breakfast, lunch, and dinner.**



- **One glass 2 ½ hours after meals.**
- **One glass before going to bed**
- **One glass when you are thirsty."**
-

Health Tip: Drink juices around 1 hour before meals.

Drink little water with your meal, since excess water will dilute your digestive acid in your stomach. This will reduce your ability to digest protein. Drink water when food accumulates in your throat.

When you do drink water with you meal, drink room temperature water and not ice or cold water. Cold water contracts your stomach and surrounding blood vessels.

Drink a minimum of 2 quarts of water each day. Because I don't always like the taste of pure water, I sometimes add a fresh squeezed lemon in one quart of water. In this way, I am able to drink more water, at least two quarts each day.

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To prevent lemon acid water from etching my teeth, I have another jar of water without lemon that I use to rinse and drink from after drinking the lemon water.

Health Tip: Add Alkalife drops to your distilled water. This product turns your water into an electrolyte – mineral water, which has minerals in ionic form. Electrolytes are the type of liquid that surrounds your cells and is capable of neutralizing acids that are harmful to your health.

What is Considered Water?

Liquids or juices that do not have added salt or sugar can be considered water. Water for your body also comes from:

- Fruit juices and fruits
- Herbal teas
- Vegetables, vegetable juices and broths

Water does not come from:

- Sodas
- Sweeten fruit juices
- Coffee with sugar
- Tea with sugar

Health Tip: Watch the color of your urine. The color should be a light yellow to colorless. If it is a dark yellow, you are not drinking enough water. The dark color results from the toxins your kidney is removing from your blood. If you are not drinking enough water, toxins become concentrated and color your urine. Over time, this condition will affect the health of your kidney.

Eat less processed carbohydrates

Foods you must avoid to prevent constipation and at the same time improve your health are foods that are difficult to move through your colon and that create mucus in your

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body. These are processed foods, fried foods, and dairy products.

All dry foods such as bread, biscuits, bagels, crackers, bran, powdered foods, are difficult to move through your colon and can lead to constipation.

Processed foods are what cause constipation since these foods lack fiber, nutrients, and enzymes. I consider all food products that come in bags, plastic, cans, and other containers processed foods. These foods contain excessive sugars, coloring, dyes, dehydrogenated oils, flavor enhancers, and preservatives, and many other unknown chemicals. They have been over baked, pasteurized, homogenized, cured, or killed in a hundred other ways.

These foods lack vitamins, minerals, nutrients, fiber, and life, which have been destroyed by heat, pressure, vacuum, and chemicals. Adding vitamins and minerals back into this food does not make it better, since manufacturers cannot duplicate nature. The vitamins and minerals, added back into the food, are out of balance and do not have the right quantity.

Here are some of the foods to avoid:

- Alcohol, wine, and caffeine – they dehydrate the body by using up body fluids.
- Processed foods
- Coffee
- Dairy products – eggs, milk, cheese butter
- Fried foods
- Meat
- Raisin Bran
- Refined sugar
- Regular tea – Tea is rich in tannins which is helpful for diarrhea but acts hold back bowel movements.
- Salt
- Sodas
- Starch

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- Sweets
- Cooked eggs, pasteurized milk, overcooked meat
- Mashed potatoes with gravy
- Overcooked carbohydrates

Coffee and Tea

Coffee and tea have a tightening affect – astringent – on your colon and this produces constipation. Drinking coffee on some occasion will have the opposite effect and promotes a bowel movement.

Coffee or tea is not a recommended drink when you have constipation or when you are trying to prevent constipation. This is not true of most herbal teas, which do not contain caffeine.

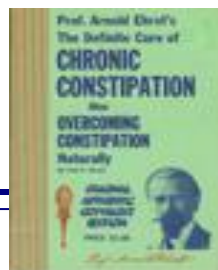
The caffeine can be found in,

- Ground percolated coffee, 8 oz ----- 200 mg
- Brewed tea, 8 oz ----- 75 mg
- Soft drinks ----- 40 mg
- Chocolate ----- 10 – 40 mg
- Painkillers ----- 60 mg

Fried Foods

Eating meat, bacon, sausage, and other fatty foods are constipating. These foods and others like butter, cheese, eggs provide an excess of saturated fat and cholesterol that can easily stick to your colon walls. Cholesterol clings to your colon walls just as it does in your arteries and organs.

In his small booklet, Prof. Arnold Ehret's **The Definite cure of Chronic Constipation, 1975, Fred S. Hirsch,** quotes Prof Arnold Ehret who considers,



“All fatty foods as being harmful and extremely constipating: clogging up the intestinal tract causing the entire

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system to become overloaded with their toxic waste. As we grow older the body's vital energy is depleted; Through faulty diet, elimination is practically stop."

Meat

All kinds of meat are free fiber and this makes them constipating. Meat moves slower through your colon than other foods.

Since people eat a lot of meat at one sitting, undigested proteins make their way into your colon, which is fermented by bad bacteria. This decay creates a condition favorable for bad bacteria and is the start of many diseases that occur in your colon.

It is always best to eat plenty of uncooked vegetables when eating meat. This provides fiber to help meat move quicker through your colon.

Milk and Other Dairy Products

Dairy products are associated with constipation. This includes milk, cream soups, cheese, yogurt, and some desserts and baked goods.

The best dairy product to eat is cottage cheese. It is the least harmful to the body of all dairy products.

Eggs

Eggs, cheese, and butter are constipating and form toxic wastes, which poison the body.

Sodas

Soft drinks are high in phosphates. This chemical is used to dissolve sugar and to make soda taste better. When you drink soda, the phosphates combine with calcium. If you

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do not have enough calcium in your blood or lymph liquid, phosphates pull it out of your bones.

Drinking sodas leads to lower levels of calcium in your body. You need calcium to help keep your colon clean.

Sweets

Most sweets are made from highly processed ingredients and an abundance of sugar. Because sweets are unnatural food and contain no fiber, they contribute directly to constipation and should be avoided.

Sugars in sweets and in all other types of foods have a deteriorating affect on your body. Sugars in your body break down into many chemicals, one, which is alcohol. If you drink soda, the sugar in the soda supplies the body and brain with the alcohol ethanol.

Eat more nutritious food

Foods that activate peristalsis and have plenty of fiber

apricots apples cantaloupe avocado
figs blackberries kiwi strawberries
grapes cherries dates peaches
raspberries pears pineapples oranges
nectarines coconuts mangos papayas
Persimmons plums prunes raisins
cranberries elderberries currants gooseberries
bananas

collard greens kale dark green lettuce
mustard greens spinach chard cabbage
dandelion greens endives corn brussels sprouts
eggplants asparagus Jerusalem artichoke,
rhubarb rutabagas carrots celery cauliflower
peas tomatoes turnips zucchini beets
potatoes broccoli pumpkin corn squash
bean sprouts green beans parsnip sweet potatoes

radish peppers onions olives

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dulse chicory dandelion parsley watercress

sesame seeds walnuts pumpkin seeds pecans
peanuts black walnuts almonds flaxseed

lentils soybeans beans broad beans black beans
pinto beans kidney beans chickpeas lima beans baked
beans navy beans

millet oats barley whole grains spinach pasta
whole wheat pasta

Minimize cooking of vegetable, since it reduces or breaks down the fiber.

Eat vegetables with skins when possible.

Broccoli has an anticancer compound called sulforaphane. This compound provides some protection against various types of cancer when used with 750 mg of N-acetylcysteine, NAC. The reason you want to take NAC is that it provides glutathione that works with sulforaphane to fight cancer. Add this vegetable and supplement to your diet to prevent colon cancer.

Eat more fiber

If you are a cereal eater, this is a good time to eat more fiber. If not, then you can prepare a high fiber smoothie. Use more whole raw bran in your cereals. Or, you can grind up nuts and seed to add to your food.

Eating more fruits and vegetable will definitely give you more fiber.

Beans Stop Constipation

Beans are high in soluble and insoluble fiber. Eating them helps to prevent constipation and contributes to lowering

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your cholesterol. Beans become viscous, a thick heavy fluid, as they pass through the intestines. This viscous fiber fluid is of benefit in your colon where it activates peristaltic action and promotes bowel movements.

Aside from lowering blood cholesterol and pressure, this viscous fiber in beans helped to decrease many types of colon diseases – cancer, colitis, diverticulosis.

Most all types of beans have close to the same nutritional value. So eat the type you enjoy and gain its benefit.

One cup of cooked pinto or kidney beans has around 20 grams of fiber per cooked cup. Lima and White beans have around 16 grams of fiber.

I don't recommend eating beans from cans. You have no control in their preparation. I recommend cooking beans in a crock pot by first,

Rinsing beans to remove dirt, tiny rocks, and bad beans
Soaking beans for 2-4 hours in water
Dump the water from the soaked beans.
Rinsing beans again but use distilled or reverse osmosis water
Place beans into the crock pot and cover with distilled water or reverse osmosis water
Add a couple of garlic cloves and onions

Turn crock pot to low (not high) and cook beans for 8 hours or until beans are soft.

I usually turn the crock-pot on low when I go to bed and in the morning I have cooked beans to eat for that day.

Health Alert: If you suffer from gout avoid beans since they are high in purine.

Eat Good Oils

Good oil such as olive, flaxseed, evening primrose, black currant, and borage seed provide lubrication to the lining of the intestines and your colon. This lubrication of your colon and fecal matter is necessary for you to have regular bowel movements. Use these oils in place of mineral or castor oil.

Evening Primrose Oil - take 500 mg three time daily.

Omega-3 is found in flax seeds and in fish, such as Alaskan salmon, tilapia, rainbow trout, cod and halibut. It is an essential oil, this means that our body does not produce it and must be obtained from foods. Without omega-3 in your diet you will be prone to constipation and many other diseases.

Fish

Do not eat fish for dinner. It is ok for lunch. Fish is hard to digest and you want to avoid foods that take to much time to digest during the evening.

Fish Oil

Fish oil contains omega-3 fatty acids, which are essential for good health. It has these fatty acids in the form of EPA, eicosapentaenoic acid and DHA, docosahexaenoic acid.

Fatty acids help reduce inflammation through prostaglandin production.. Prostaglandin's help reduces inflammation in your colon, which helps make your colon work better and reduces the possibility of constipation.

Health Tip: Use the enteric-coated fish oil capsules to reduce colon inflammation and to help reduce constipation.

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Health Alert: Make sure when taking fish oil that it is not fish liver oil. They are not the same food product. Fish oil can elevate blood sugar and cholesterol levels in some diabetics.

Health Drug Alert: Fish oil can increase the rate of bleeding if you are using anticoagulant drugs such as warfarin, coumadin, or platelet inhibiting drugs - aspirin or ticlopidine.

Recommend dose of fish oil is 1000mg each day.

Flax Seeds

Flax seeds fall in the top 10 of healthy foods to live on. It contains a high-level of the omega-3 fatty acid that is essential for life. You cannot live without omega-3 fatty acid. Your diet must consist of a 3:1 or 4:1 ratio of omega-6 to omega 3. You must have 3 or 4 parts of omega-6 to 1 part of omega-3 in you diet.

Without this balance and with too much omega-6 fatty acid in your diet you will be prone to illnesses related to,

- Autoimmune diseases
- Breast cancer
- Cardiovascular diseases
- Excessive blood clotting
- Over drive of the immune system

Aside from all the benefits flax seeds provide, it contains the fiber and oils that will help prevent constipation. It contains 66% insoluble and 33% soluble fiber. Here is the nutritional breakdown for flax seeds.

- Fat 41% - 57% is omega 3, 18% monounsaturated, 16% omega-6, 9% saturated
- Fiber 28%
- Protein 20%
- Moisture 7%

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- Ash 4%

The 57% omega-3 is considered plant source and differs from the omega-3 found in fish. Flax seed omega-3 is considered short chain fatty acid and fish omega-3 is long chain fatty acid.

Since the body only converts a small amount of flax seed omega-3 oil to EPA, fish long chain fatty acid, you may want to also add fish oil to your diet, if you want benefits of a higher level of EPA.

The recommendation for getting the proper amount of omega-3 into your diet is to eat fish 4 times a week and 1 ½ teaspoon of flax seeds. Not many people meet this requirement.

So here is what you can do to get more omega-3 in your diet so you can offset the bad effects too much omega-6 and reduce and prevent constipation.

Use 1-3 tablespoon of flax seed daily. Always grind these seeds with a coffee grinder. Then add them to your food.

- Add 1 teaspoon to your smoothie
- Add 1 teaspoon to your salad dressing
- Add 1 teaspoon to your cereal

Health tip: Use flax seed without heating them. This preserves the nutritive value of this food and prevents its oxidation which produce compounds that are not good for you health.

Garlic

Include raw garlic in your diet and in cooking. Garlic destroys harmful bacteria in your colon and penetrates your colon walls to loosen up accumulated waste.

Also, you can use aged garlic extract, which comes in a capsule. Aged garlic promotes the growth of good bacteria

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in your colon. One added benefit of aged garlic is it absorbs heavy metals from the blood. Heavy metals are responsible for cell degradation.

Health tip: **Avoid using powdered garlic since all its nutrient value has been lost during its heating process.**

Lecithin for Nerve protection

Lecithin is needed to build the protective layer that surrounds the nerves that network throughout your body. Without this protective layer or with a worn layer, the information that is transmitted along the nerves suffers interference. This interference distorts the information that is sent from your brain into your body, causing malfunctions in various body systems.

The nerve network that surrounds your colon needs to be strong and stable, since it is constantly reacting to peristaltic activity.

Lecithin can be purchased in granules. Use it as an additive to all kinds of food preparations – smoothies, cereal, soups, salads, sauces, and gravies.

Lecithin consists of 10-15% choline. Choline is used by the body to form acetylcholine. Acetylcholine is a neurotransmitter that is active in recalling memories.

Lecithin is one supplement that you must add to your eating pattern. It helps to break up fat to tiny bubbles that prevent it from sticking to your artery walls.

Exercise

Exercise is necessary for reducing or minimizing constipation. By exercising, you can promote, produce, or create the following:

- Tones and strengthen your colon muscles

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- Eliminates blood toxins by sweating.
- Stimulates your cells to eliminate waste and have this waste move out through your lymphatic system.
- Reduces tension and anxiety
- Stimulates your colons wall cell structure to increases its metabolic rate and thus improve its function.

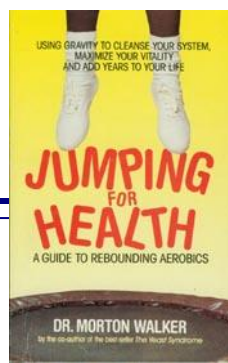
Daily walks, after a meal, stimulate your colon for bowel movements. In addition, walking strengthens and tones your colon walls. This prevents your colon from becoming misshaped when you on occasion become constipated.

Health Tip: Inactivity or lack of exercise will contribute to lack of colon muscle tone, which will contribute to constipation no matter what your age.

There are many good exercises that stimulate and strengthen your body. Any type of exercise will be of benefit to your health. When your colon is toxic, then exercises that activate the lymph system are good. The lymph system removes waste and toxins from the liquid that surround your cells. So it is critical these toxins not be allowed to remain in your body long. If they do, then this is another form of constipation. Lymph nodes get plugged up with toxins, waste, and bacteria and as more waste and toxins are created they get backed up in the lymph liquid or vessels.

The rebounder has long been known to be one of the best exercise tools for stimulating and activating the lymphatic system. It also strengthens all the internal organs, tissue and cells.

In, *Jumping for Health*, 1989, Dr. Morton Walker, identifies why the re-bouncer is good for a healthy body,



“Thus, the G force at the top of the bounce is eliminated and the body becomes weightless for a fraction of

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a second. At the bottom of the bounce when you touch the mat the G force suddenly doubles over what is ordinary gravity on earth and internal organs are put under pressure. Their cellular stimulation is increased accordingly so waste materials within cells get squeezed out. The lymphatic system carries waste away to be disposed of through the urinary and other excretory mechanisms. Rebounding makes the body cleaner."

Dr. Morton continues,

"The increased G force also puts cell walls under stress causing them to undergo an individual training effect. The aerobics of rebounding brings more oxygen for penetration by osmosis from the blood. Each cell gets the amount of nourishment it requires on which to thrive."

And Finally,

**"This combination of excretion of wastes and incorporation of nourishment, both done more efficiently than any ordinary program of exercise, conditions the cells beyond their usual threshold. They get stronger and gain endurance to cope better with the stresses encountered in daily life
Because of your habits you have created the body you have now. If you are happy with your body and are in good health, then you may not need to make many changes or any changes at all."**

But, if you are not satisfied with your body, the illnesses you support, and the thoughts you think and carry with you, then look at some of the changes you can make that will make your life happier and healthier.

Daily Walks

Walking is an essential exercise to prevent constipation. It must be done every day and the best time is early morning.

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Walking is the right movement to stimulate your bowel so constipation is avoided.

Try to walk briskly for ½ hour and consistency is the key. Try to keep to a regular program of exercise.

Other types of exercise are also good. The main thing is to provide movement for your stomach area. This provides movement to your colon and helps to move fecal matter through your colon. It strengthens your colon walls and helps to release glutamine that feeds the intestinal cell lining.

In 1963, Richard L. Hittleman, in his book called, Be Young With Yoga, described an exercise call the "Abdominal Lift." This is another exercise that can be done to strengthen your colon. The benefits of this exercise are:

- Gives your colon, intestines, kidney, liver, pancreas and stomach stimulation that brings in blood to carry away toxins.
- Stimulates peristaltic action which helps to relieve and prevent constipation

Here's how to do it.



In a standing position with knee slightly bent and hand on upper thighs, draw in stomach area and push air out of your mouth.

Hold this position for a moment as shown in left photo then snap stomach out.

Then without breathing, continue to bring stomach in and immediately snapping it out

Do this for 3-4 time before breathing.

Do this exercise for 5 breaths. By practicing it will become easier.

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Feed the Good Bacteria

The good bacteria, in your colon, are known by many names – good bacteria, micro flora, and probiotics. This bacteria is necessary for good colon and body health. The main bacteria in your colon are:

- Lactobacillus acidophilus
- Bifidobacterium bifidum
- Lactobacillus salivarius
- Bifidobacterium infantis
- Streptococcus faecium

When buying probiotics buy a mixture of these bacteria. In some products you will find added **Fructo-oligosaccharides, FOS**, which helps to feed the good bacteria and promote their survival.

Cultured yogurt is a good way to get additional good bacteria into your colon. The best way to eat it is in-between meals. The best yogurt to eat is goat milk yogurt. It costs a bit more but it is worth the health benefits you get from it. Look for yogurt that says the bacteria culture was added after pasteurization. If the yogurt was pasteurized after the bacteria culture was added, this good bacteria would have been destroyed.

Eat yogurt at least 3 time a week. You can add flax seed oil, berries, raisins, flax seed grounds, or other topping that promote bowel movements.

The best way to get probiotics or good bacteria into your colon is to take a supplement, liquid or pill, between meals with distilled water. When probiotics are taken with food, food increases the stomach acid, which destroys the probiotic supplement.

Eating cultured vegetables is another way to get probiotics or good bacteria. Some flora-enhanced foods are:

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- Sauerkraut
- Yogurt
- Kefir
- Miso
- Mico algae

Taking a Good Mineral Supplement

To maintain a strong and active colon, you need to take a good mineral supplement, which contain plenty of sodium, magnesium, calcium, and potassium. In addition, you need to get these minerals from the food you eat. Food has a balance of these minerals and nutrient you need to build your colon and other parts of your body.

Potassium

Potassium is needed to keep your colon walls working properly and for keeping them free of acid, which attracts disease. It helps to dislodge colon wastes that accumulate along your colon walls.

Potassium tastes bitter so most of the foods that are bitter contain potassium, especially herbal teas. Best foods to eat for high levels of potassium are:

Cucumbers	apples
Bitter greens	apple cider vinegar
Lentils	apricots
Almonds	bananas
Oatmeal	beans
Potato skins	blueberries
German prunes	goat milk
American prunes	grapes
Peaches	pears
Gooseberries	raisins
Romaine lettuce	tomatoes
Figs	sesame seeds
Carrots	beets and prunes

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Prepare a Miracle Mineral Salad

Cut up romaine or dark green lettuce Chopped garlic cloves and onions

2-3 tablespoons of apple cider vinegar

add hard-boiled eggs

The allicin in the garlic is invigorated by the minerals in the onion and the allicin penetrates the large intestine wall. The fiber in the green vegetables help to scrub the intestinal walls. The vinegar boosts enzymatic action of the allicin and the allicin stimulates the peristaltic movement. This is a natural way to dissolve accumulated toxic wastes on your colon wall and eliminate them

To make this salad more potent make a salad dressing by combining.

- the juice to two cloves of garlic
- 2 tablespoon of flaxseed oil
- 3 tablespoons of olive oil
- 1 tablespoon of balsamic vinegar
- 2 tablespoons of apple cider vinegar
- ground up flax seeds, sunflower seeds
- one tablespoon of bran

Digestive enzymes

Digestive enzymes help you digest and absorb your food and supplements. Your body produces different enzymes to digest different types of food such as,

- Protease – for digesting protein
- Lactase – for digesting lactose a protein in milk
- Amylase – for digesting carbohydrate
- Pepsin – for digesting protein

Medical Alert: Do not use digestive enzymes if you have problems with ulcers.

Amylase starts carbohydrate digestion in your mouth. The longer you chew your food, which is a healthy practice, the

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better digested your food will be. Your stomach will not have to work as hard and less undigested food will reach your colon

Fruits and vegetables have their own digestive enzymes, which help to digest their selves. When fruits or vegetables are heated above 120 F, their enzymes are destroyed and no longer available for your body. When this happens, your body has to create these enzymes to digest this cooked food. This takes energy and enzymes away from within you body that could be used elsewhere to do more important work.

When you eat cooked food, processed and packaged foods, you use excessive digestive enzymes. Sometimes not all your food is digested properly and these undigested remains move into your colon where they create gas, toxic material, which weakens your colon wall.

Pregnant

If you are pregnant, here is a way to start your or assist your bowel movement. When sitting on the toilet, raise your legs to the same level of the toilet seat by placing your legs on a chair. Lean back slightly and place your arms above your head. You can also try to moving left and right to help the movement you need in the sigmoid and rectum to produce a bowel movement.

Now we can go to the next chapter.

Chapter 17: Learn When Your Stools are Going Bad

What your stools should look like

The form of your stools gives you a lot of information about the health and function of your colon. It is important at all-times to be aware of the type of stool you produce and to try to change it if it does not conform to that of a healthy stool.

The appearance of your stools depends on every thing you eat and drink. The appearance depends on the drugs, vitamins, and minerals you take.

When you have the ideal stool, you will use less toilet tissue. The ideal stool will exit your anus and leave that area relatively clean.

There is a general appearance of your stool that indicates good health or bad health. The characteristics of your stool you want to keep track of are,

- Blood in stool
- Color of stool
- Density and Weight of stool
- Stool gas
- Shape of stool
- Size of stool
- Smell of stool
- *Texture of your stool*

Blood in stool

If you have blood in your stool, it will be necessary for you to determine where it has come from. Blood will appear in your stool, in the toilet water, and tissue paper.

Blood that appears in your stool can be an indication of a serious body condition such as colon cancer, colitis or other colon diseases. Here are some descriptions of bloody stools and where they might come from.

Blood comes from Anus - Bright red color in the stool, toilet water and tissue paper. Stool appears normal otherwise in consistency and size. Blood is only on the outside of the stool

Blood comes from the Descending colon – Blood originating from this area will appear darker red in the stool, and the stool will still have normal consistency and size. Blood is on the outside of the stool and many start to be mixed into the stool.

Blood comes from the upper descending colon and transverse colon - Blood appears dark and runny, the stool consistency is softer, and stool volume increases. Blood is on the outside and mixed into the stool.

Blood comes from the ascending colon, small intestine, and stomach – blood comes out darker and runny, stool is more fluid, and stool volume increases. Blood is well mixed into the stool.

Health Alert: When you have blood in your stools make an effort to determine where it is coming from. This may require you see a doctor.

If the blood comes from hemorrhoids in the anus and is caused by constipation, then getting your bowel movements regular and without straining will be an important step in relieving your hemorrhoids.

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Color of stool

Your stool can have many colors and have variation of yellow, green, brown and black. The stool color depends on the foods you have eaten, supplements you have taken, and the health of your gallbladder.

The color of your stool depends on how much bile has been excreted from your gallbladder. When a normal amount has been released, your stool will be brown or chocolate brown. If no bile is released because of gallbladder blockage or malfunction, the color of your stool will be white.

A normal stool color is medium brown tending towards dark brown.

Black stools can indicate blood in your stool. Black stools can appear from eating spinach, dark greens, and blueberries. They can also appear black when taking too much iron or take Pepto-Bismol. These stools can be mistaken as having blood

Green or **yellow** stools can be related to liver problems. If your stools are yellowish your liver may not be producing enough bile or the gallbladder is not releasing the bile properly.

Sometimes when your stools are green you have been eating a lot of fruits and sweets.

If your liver releases too much bile then your stools will turn **dark green**. But eating a lot of green leaf lettuces can turn your stool dark green. Sometimes your stools may be green because of undigested leafy green vegetables.

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If you see undigested food – vegetables, corn, lettuce – in your stool, this indicates your digestion is weak. Sometimes, it can mean you are not chewing your food long enough.

One of Dr. Bernard Jensen's saying was,

"Drink your food and chew your juices"

This means to chew your food long enough so it becomes liquid and to swish your juices in your mouth so digestive enzymes from your saliva mix well with your juices before you swallow.

If you take more than 110 mg of iron your stools will be black.

Streaks of white or milk spots in your stools can point out the presence of mucus or undigested fats. Mucus is created in the intestinal tract when food additives, poisons, or laxatives irritate it.

Density and weight of stool

If your stools float in the toilet bowl, then they are of the right density. Stools that sink are dry, hard, and lack enough fiber or fatty acids to make them float. Stools that float are a healthy sign and show you eat plenty of fiber.

If you eat more meat than vegetable most likely your stool will not float. If your lifestyle requires you to eat a lot of protein, then your normal stool will be one that sinks.

Fiber mixed in your fecal matter traps air and gases which cause your stools to float. The more fiber you eat the more trapped gas occurs in your stool and the more likelihood your stool will float.

There are some cases where floating stools are not a good sign. If you don't eat plenty vegetables and eat a lot of

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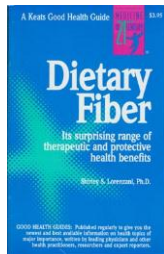
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fatty foods that contain bad oils, saturated fats, and hydrogenated oils, then your stools will most likely float.

If you eat a combination of vegetables and meat, then chances are your stools will sink to the bottom of the toilet bowl. This will be the natural condition for this type of diet. The more vegetables you add to this diet, the lighter your stools become. At some point, your stools will begin to float.

Make your stools softer by drinking a minimum of 3 glasses of water daily and eat more vegetable fiber. Stools should have 70% water and plenty of fiber, so it easily move through your colon by peristaltic action.

In her booklet, *Dietary Fiber, 1988, Shirley S. Lorenzani, Phd, points to studies that showed,*



“People on a typical Western diet produce 80 to 169 grams of feces each day. Vegetarians have an output of 225 grams and African villagers effortlessly excrete 470 grams. High-fiber diets increase the size of the stool. When healthy volunteers increased their daily fiber intake from 17 grams to 46 grams of wheat fiber, studies showed their fecal weight increased from 79 to 228 grams each day.”

Increased weight in a stool indicates it is larger and bulkier. This occurs when you eat more fiber, since the fiber absorbs water causing the fiber mass to expand. Making the stool heavier with fiber is good since this pulls the stool downward as it moves through the descending colon and in the rectum.

Stool Gas

Gas is produced when you are digesting your food.

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When your stool sits in the rectum or sigmoid during constipation, gases are emitted from the fecal matter. When you have excess flatulence it may signal you need to have a bowel movement.

When you sit down to have a bowel movement, you should not release an excess of gas.

Shape of stool

The shape of your stool will be dependent on the food you eat, the way you digest food and the shape of your colon. The most common and perhaps ideal shape is for your stool to have a slight curve. The last part of it, in a long stool, should have a slight twist or squiggle, imparted from the shape of the sigmoid colon.

Size of stool

Your stool should be round, full, and continuous. Its length should be around 1/2 - 2 feet long. The actual length will depend on how much you eat. The more vegetables you eat the longer and fuller your stool will be.

Its diameter should be around 1 1/2". It should not be broken and in small short hard pieces. It should not be a thin tube like strip. It should be paste like but should break up as you flush the toilet, showing it has plenty of fiber

Smell of stool

Your stool should have little smell. If it does smell it is a sign of fecal matter putrefaction or rotting occurring in your colon. This means you have more bad bacteria than good bacteria in your colon. The health of your colon is dependent on your good bacteria being more plentiful than the bad bacteria.

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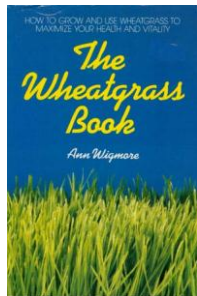
Reduce the smell of your fecal matter by using liquid chlorophyll. This will reduce your bad breath and other body odors. Prepare a morning drink with,

One half ounce to 2 ounces of liquid chlorophyll - (I use World Organic Liquid Chlorophyll, 2 oz)
Juice of One lemon squeezed by hand
8 oz of distilled water.

Drink this mixture, first thing in the morning. Start with a small amount of chlorophyll and as you get use to the flavor add more. The lemon juice helps offset the bland chlorophyll taste. Liquid chlorophyll is more effective than tablets or capsules.

You can also add a tablespoon of liquid chlorophyll to a glass of orange juice if you want to stay away from lemons.

In her book, Ann Wigmore, *The Wheat grass Book*, 1985, notes,



“In 1950, Dr. Howard Westcott found that one hundred milligrams of chlorophyll are as good a deodorant as any other. Whereas most deodorants merely cover up a bad odor, he discovered that chlorophyll extracts successfully neutralized offensive odors in foods, alcohol, and tobacco *in vitro* (in a test tube). Moreover, in patients and volunteers, it effectively neutralized bad breath, body odor from perspiration, menstrual odors, and foul-smelling urine and stools.”

Texture of your stool

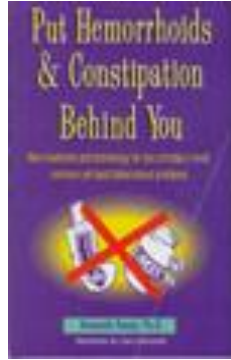
The texture of your stool should be consistent with the type of food you eat.

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In his book, *Put Hemorrhoids & Constipation Behind You*, 1997, Kenneth Yasny, Ph.D, describes nicely how the texture of your stools should be,



“The texture will also indicate your level of digestive efficiency. If you are eating lots of dense foods (like meats and fats) and a fair amount of vegetables, then stools that are “Mr. Softies” are appropriate given your dietary situation. If you take vegetables out of your diet, however, and you still have Mr.

Softies, then something is wrong.

Anyway, Mr. Softies are not optimal because they indicate that is too full of dense foods. The optimal texture of stool is somewhere between a rough log and smooth one. Any other texture indicate either a less than optimal or poor digestion”

Keep alert to the color and shape of your stools. They tell you about the health of your digestive and disposal system. If your stools exhibit changes that are not healthy, you should be discussed this with your doctor.

Let’s check out the next chapter.

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Chapter 18: How Use The Information in This Book to Stop Constipation

Where to Start

I have given you plenty of information on how to relieve your constipation and how to prevent it. Just by applying many of the health ideas and tips that I have given, you are well on your way to creating excellent health and, of course, relieving your constipation.

I know that some of you will be confused about what to do first or where to start.

Each one of you will start by using different remedies. The ones you choose would depend on what you are familiar with, what you like to eat, what you have on hand, or how severe you are constipated.

A program to help you have regular bowel movements and to help you prevent having constipation consists of some basic steps. From the information and remedies I have discussed in the previous chapters, you can experiment and test different ones and use the ones that work best for you.

In the case where you have had long-term constipation, it may be necessary to retrain your colon to have bowel movements. If this is the case, you may have to consult your doctor or an alternative medicine practitioner to get their direction

To get relief from frequent or occasionally constipation, these are the steps and changes you need to consider.

- Chose a natural laxative to relieve your constipation
- Eliminate constipating habits
- Improve your digestion
- Improve your diet
- Keep your good bacteria dominant in your colon
- Make your colon acidic
- Retrain your bowels for regularity
- Strengthen colon and surrounding areas

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Choose a natural laxative to relieve you constipation

Which natural laxative should you choose? I would recommend you choose 3 different ways to start relieving your constipation and use them at the same time.

First, I would recommend using Triphal. Use it as directed on the bottle.

Second, start adding more fiber to your diet. If you eat oats or multigrain cream cereal, add bran to it. Or grind up some flax seed, sunflower seeds, sesame seeds or almonds and add it to your cereal.

Third, add a juice or vegetable remedy you like and use it every day for a week or so. Eat more fruits daily.

One of the methods that I use is taking 2 capsules of each cayenne pepper and MSM after each meal. I also drink apple juice, eat 2 apples each day, eat other fruits, eat oats, and various seeds. And of course, I eat fresh vegetables every day. There are other foods that I eat and those are listed in the chapters you have just read.

Eliminate Constipating Habits

Look at what constipating habits you have. Start changing them one by one. For example, on the first week you could concentrate on drinking more water. Start taking a quart of water to work in a glass jar. Add a small amount lemon to it to give a little flavor.

During the following week concentrate on eating more fruits and vegetables. Start taking apples to work or strips of carrots, celery, or other vegetables you like for snacks.

On the third week, you could concentrate on making and eating an evening salad every day of that week, if you are not already doing this.

On the fourth week, start adding more fiber to your diet.

Look at some of the other areas you need to change.

- Stop using Drugstore laxatives
- Start exercising more

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- Drink more water
- Start going to the rest room when you have the urge for a bowel movement

These are the constipating habits you need to change. Start changing these habits one by one. Each day look at the list of habits to change and increase or decrease the habit as necessary.

Improve your digestion

By improving your digestion, you stop undigested food from reaching your colon where it can become putrefied.

You can help your digestion and improve your body's health by taking digestive enzymes at each meal. Taking digestive enzymes is almost a must for the elderly. They typically lack HCL acid to digest protein and need to take an HCL- pepsin supplement. And it would not hurt to take a regular enzyme supplement with it.

**Web Link for
a good digestive enzyme product**
<http://www.allvita.net/enzyme.htm>

Improve your diet

There is no doubt you need to change your diet. If you have constipation, consider the main reason you do is eating the wrong kinds of food.

Fiber

Eating food with plenty of fiber is a requirement. There are many fruits and vegetables with plenty of fiber. You need to eat those foods that have plenty of soluble and non-soluble fiber. Eating only fruits and vegetable that contain mainly soluble fiber will not help you prevent or to stop constipation.

You also need those foods with plenty of non-soluble fiber, which adds bulk, draws water, and adds density to your stools. This type of fiber helps your fecal matter to move through your colon easier and quicker.

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Bran

Bran is helpful in providing non-soluble fiber quickly to your eating program. Using the coarse fiber is better than the fine fiber. It is better to use plain bran rather than cereals with added bran. But in case you cannot find raw bran, then a second choice is cereals that contains processed bran and are high in fiber. Use this second choice bran only until your constipation is cleared.

It is better to use rice, oat, or corn bran rather than wheat bran. Mix the bran in your morning cereal – rolled oats, multigrain cereal - pancakes, smoothies, salads, and wherever you feel it will taste good.

How much fiber should you eat? Eat between 30 – 40 mg of fiber every day. Fiber is one of the keys to keeping free of constipation.

If you are doing all the right things for improving the flow of fecal matter through your colon, and you still have constipation, then you need to see your doctor. This might be a sign of some underlying illness where you need a doctor's help.

Keep your good bacteria dominant in your colon

Keeping your good bacteria dominant in your colon can be difficult if you have become unbalance with excessive bad bacteria. The first step you need to take is to start feeding your good bacteria. You can do this by using edible dairy whey or FOS. You should also start eating those foods that feed the good bacteria.

In cases where you have used medical drugs for a long time, drink alcohol, use drugstore laxatives, or have been constipated for some time, you may have to resort to implanting good bacteria into your colon using an enema. The technique for this has been discussed in Dave Webster's book, *Acidophilus and Colon Health*.

Make your colon acidic

Making and keeping your colon acidic requires you eat the right kind of food, have good digestion, and have a good mental attitude. The foods you should be eating are listed in the previous chapters. When you eat processed foods with little fiber and excess food additives, this changes your colon from acidic to an alkaline and helps the bad bacteria to multiple.

Keeping a negative attitude and having anxiety, also affects your colon. A continual tightening of your colon walls overworks your colon and eventually weakens it. A weakened colon is more susceptible to constipation which favors the growth of bad bacteria.

Retrain your bowels for regularity

Long-term constipation can come from your colon's inability to create peristaltic movement. This can result from long-term use of laxatives, use of pharmaceutical drugs, ignoring the signal to have a bowel movement, eating excessive process food, lack of fiber in your diet, and having excessive tension in your life.

To retrain your colon to have regular bowel movements, start by,

- Eating your meals at the same time every day
- Sit down on the toilet at the same time every morning and midday
- Use a herbal combination laxative that will gently stimulate peristaltic action
- Consider learn some relaxation techniques to lessen any anxiety or tension you may be experiencing
- Follow the list of other actions to take to reduce constipation in this chapter.
- Use natural laxatives to help retrain and strengthen bowels

Strengthen colon and surrounding areas

How do you strengthen your colon? Getting the proper amount of minerals, vitamins, and oils into your body does this. Minerals help to build body cells and tissue. Use a

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mineral supplement like Alkalife or any other electrolyte type liquid mineral. Get your oils by using olive and flax oil in your salads and soups.

Exercise

No exercise is an unhealthy practice. Body movement in the abdominal area is necessary for good colon health. This movement comes from exercise such as running, walking, sit-ups, massage, and yoga stomach movements.

Exercise helps to tone and build colon wall tissue and muscle. It helps in moving fecal matter through your colon since exercise stretches and contracts your colon similar to what happens during peristaltic action.

The exercise I like is rebounding. This is one of the best exercises since it helps tone the whole body and activate your lymphatic system so your body fluid move easily.

Web Link for

Rebounder information and prices

<http://www.bouncewell.com/rebounder-catalog/rebounders.htm>

Final Comments

As you change your diet, especially if you add more juices, fruits, and vegetables, you are going to experience cleansing of your body. What this means is you will experience some pain throughout your body as toxins are released and look for a way out of your body. As toxins come out of your cells and organs their acidity causes pain. Your body's minerals will neutralize some of this acid. That is why it is important to use a mineral supplement.

You may experience more mucus discharge as these toxins work their way out of your elimination ports. You may experience more mucus coming out of your nose, throat, and mouth. Mucus will also find its way into your colon and out the rectum in stools.

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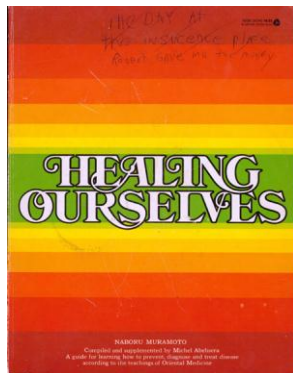
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During this cleansing period, do not take any medication to stop or eliminate nasal drainage.

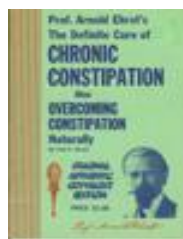
You may also develop rashes or other skin eruptions as toxins try to come out through your skin.

In his book, *Healing Ourselves*, 1973, Naboru Muramoto from his studies of oriental medicine for thirty year, talks about the cleansing process.



“A discharge can last one week, sometimes two, and in some cases even longer. The strength and duration of the discharge depends generally on past eating habits and the method of cure being employed. The use of compresses or herbs will hasten the discharge.”

I leave you with the words of Fred S. Hirsch who wrote in 1975, in his small green booklet,



“Constipation is a clogging-up of the entire human pipe-system. Nature wisely stores the undigested, toxic wastes “temporarily” in the tissues, awaiting an early opportunity to dispose of these poisons! Sickness is such an opportunity – “acute disease” is Nature’s attempt to eliminate the stored-up “sewage” and the “healing process” differs according to the physical condition of each individual”

I Need Your Help

If you have any constipation remedies that have been handed down from your parents, grandparents or anyone else

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please e-mail me. The more remedies you send me the sooner I will update my e-book and the sooner you will receive new information on constipation.

You can reach me at **rudys@comcast.net**

If you use any of the remedies listed here, I am eager to hear what your experience was. As you send me these experiences, I will add them to this e-book so they can be share with all of our readers. And with your permission, I can report on some of these in my newsletter called,

<http://www.natural-remedies-thatwork.com>

Thank you so much, for purchasing my e-book and I wish good health to you and your family for all of your life.

Rudy S Silva
Nutritional Consultant

Special Bonus Chapter

Bonus Chapter 20: Fiber Breakfast Recipes That Will Blast Through Your Colon

High Fiber Breakfasts

Oatmeal Cereal

Use oatmeal that takes 5-6 minutes to cook. This type of oatmeal has had a minimum of processing. Do not use the instant oatmeal that takes one minute to cook.

Cook oatmeal with distilled water for 5-6 minutes.

- Add a heaping tablespoon of bran with the oatmeal you put into the boiling water
- Cut a small apple into tiny pieces and add them and raisins to the oatmeal after it has boiled for a couple of minutes
- About one minute before you pull the oatmeal off the stove, add a tablespoon of granular lecithin.
- You can add ½ a banana, which is not too ripe. The banana will sweeten up your oatmeal. The riper the banana the higher the banana will be in sugar.
- Add 1 tablespoon of edible-grade dairy whey

After the oatmeal is cooked, add a little apple juice and some rice dream or almond milk to thin it down.

Other things you can add to this breakfast are:

- Grounded flax seeds, but add them after the oatmeal has cooled a little
- A small amount of pure maple syrup
- 1/8 teaspoon of cinnamon

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- A date or two instead of raisins

Anti-Oxidant Breakfast Fruit Salad

One of the most important health discoveries in the past years is the importance of antioxidants. They are capable of neutralizing free radicals in our body. It is the free radicals, which you take in from the air and food that destroy our cell's ability to function normally. This holds true for our colon cells, which eventually leads to poor colon function.

Here is a fruit salad that can provide you with a high-level of antioxidants.

1 orange or grapefruit peeled and sliced
1 small Philippine mango (the small yellow ones)
1 banana
1 kiwi
1 apple sliced
a small amount of fresh pineapple
some strawberries
some blueberries
some red grapes

Bran Breakfast

Here's how to eat unprocessed bran.

- Put 2-4 tablespoon or more of wheat, oat, rice, or corn bran into a bowl
- Add some rice cream
- Add some banana slices into the bowl
- Add a tablespoon of raisins
- Add a couple tablespoons of applesauce

Another bran breakfast is to soak ½ cup rolled oat, ¼ cup oat bran, and ¼ cup rice bran overnight. In the morning pour out the water, add new water, raisins, and cook for 5 or so minutes.

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After 5 minutes, mix in a teaspoon of lecithin granules, a teaspoon of flaxseed oil, and rice dream milk for the consistency you like and a tablespoon of edible-grade dairy whey.

A high-powered bran treat

Mix the following ingredients:

- ¼ cup of bran (any type)
- ¼ cup of wheat germ
- In a grinder, grind 1 tablespoon of sunflower seeds, 1 teaspoon of sesame seeds, 4-5 almonds
- 1 teaspoon of lecithin
- 1 teaspoon of flax seed oil
- Rice dream or almond milk
- 1 tablespoon of edible-grade dairy whey

Stewed Prunes

Place in a glass pot:

- 6-7 dried prunes
- 1 teaspoon of lemon (lemon to taste)
- 2 whole cloves
- 1 cup of pineapple juice
- a pinch of nutmeg

Boil this mixture for a second and then pull it off the stove and allow it sit covered for 15 minutes. Now, it is ready to eat.

Multigrain Almond Pancakes

Here's an easy pancake mix to prepare. Combine the following ingredients.

- Multigrain pancake mix
- Grind 6-10 almonds and a teaspoon of sesame seeds in a coffee grinder
- One egg
- Rice dream or soy milk

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Cook in olive oil and they are ready to eat. You can also substitute oat bran or rice bran for the almonds and sesame seeds. Use around ¼ cup of bran to 1 cup of pancake mix.

Health Tip: If you use butter on your pancakes use only a small amount. Never use margarine or any other unnatural butter.

Buckwheat pancakes

Mix the following:

- ½ cup of buckwheat pancake mix
- one small egg
- ½ ripe banana mashed
- rice, oat, or almond milk

Cook in olive oil and server.

In his book, Acidophilus and Colon Health, David Webster has a cream a wheat recipe. Here's how he says to prepare it.

- Ground ¼ cup of brown rice and place into 2 cups of water
- Bring to a boil
- Turn down the heat and let simmer to 10-15 minutes
- Add some honey or maple syrup
- Add some water and edible-grade dairy whey

You can add fruit to your liking and instead of water, mix ½ glass of rice dream with 1-2 tablespoons of edible-grade dairy whey.

There it is, until my next e-book.