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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Constipation Cures Exposed!

By Dr. Edward F. Group III

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by: **Dr. Edward F. Group III**

If you're suffering from constipation, you are no doubt looking for some answers to bring relief. Treatments for constipation vary with the type of constipation from which you're suffering. Most people do not know that they should have 1 bowel movement for each meal they eat. At a minimum people should have two bowel movements daily.

If you experience constipation for more than 1 week, you should consult your healthcare provider to determine the cause of your problem. Most people are suffering as a result of lifestyle changes and choices. For some people, though, constipation can signal a more serious problem such as a bowel obstruction or even colon cancer. If your bowel movements smell foul it is your body giving you a warning signal! Listen to your body.

If you're diagnosed with a bowel obstruction, you and your physician will have to make a decision about appropriate treatment. If you're suffering from constipation as a result of lifestyle, there are several treatment options for you.

Changing your diet. People who have chronic constipation will almost certainly need a change in diet. Increasing the amount of fiber in the diet can help relieve chronic problems with constipation. Eating raw fruits and vegetables, brown wild rice, flaxseeds, bran and whole grain cereals will provide a good source of fiber.

Adding exercise. It's also important to increase the amount of activity you're getting. Starting an exercise program can help regulate your bowels. Exercise can be as simple as taking a brisk 20 minute walk every morning or evening.

Keeping your body hydrated. People who suffer from constipation are often dehydrated. Make sure to drink 6-8 glasses of purified water each day. Avoid tap water!

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Tap water can contain harmful chemicals, viruses and bacteria. I recommend adding raw organic apple cider vinegar to the water you drink. Organic apple cider vinegar has been used for centuries as a remedy for all sorts of health problems.

Check your medications. Many medications are the cause of constipation. Check with your healthcare provider to make sure that you're not making your problem worse with prescriptions. Be aware that there are natural alternatives available if you know where to find them. A good source of information and high tech natural alternatives to prescription drugs and surgery can be found at www.globalhealingcenter.com

Be wary of laxatives. Try to avoid over-the-counter laxatives. They are often very harsh on the large intestine and overuse can actually cause more problems with constipation. Laxatives can cause serious health problems such as diarrhea, bloating, dehydration and damage to the intestinal lining.

Herbal remedies. Many herbal supplements are designed to aid in constipation. If you decide to try an herbal remedy, make sure that you talk with your physician first. Some herbal remedies interfere with prescription medications you may be taking. We suggest the following: Pure aloe vera, ginger, senna, yerba mate. The best is a concentrated green formula such as "Perfect Food OM" manufactured by Garden of Life.

Improve your bowel habits. Try to go the bathroom at the same time every day, after meals and as soon as you feel the urge. Give yourself enough time to go to the bathroom. Never, Never hold in a bowel movement.

Cleanse the colon weekly. It may be a good idea to begin a colon-cleansing program every week that will help remove impacted feces from the large intestine. It's best to participate in a program, such as using oxygen colon cleansers such as "Oxy-Powder", that is non-invasive and will not remove the good bacteria in the large intestine. Oxy-Powder will also deliver oxygen into your system. This is the secret used by the stars in Hollywood.

It's always best to seek the advice of a healthcare professional before beginning any treatment option. Everyone's body is a little different. You'll want to make sure that your treatment choice is safe and will be effective for your body.

A prolific author, Dr. Edward Group has written seven books and dozens of articles on subjects such as cancer, heart disease, diabetes, ultimate health, constipation, pain relief and more... In addition he is editor of the worldwide Internet monthly newsletter Alternative Health and Healing.

His latest work, "Transforming Your Health in 90 Days or Less!" shows people the seven most important steps to feeling good and looking younger without using drugs or surgery. Dr. Edward Group's knowledge of alternative/natural protocols is thorough and his expression is opinionated and passionate. He never fails to share inside tips and helpful ideas that his audience can gain immediate benefit from.

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How to Prevent or Get Rid of Chronic Constipation

By Rudy Silva

Do you expect your doctor to help you get rid of constipation or chronic constipation? And, to tell you what you need to do to keep it from coming back and at the same time tell you how to improve your health.

In a recent newsletter, that I read, it said doctors interrupt their patients every 18 seconds and spend very little time with them. This gives them a way to sell their drugs and to see more patients.

So if you want to get rid of bloating and constipation or chronic constipation and stay regular, you're going to have to take charge of your problem. You're going to want to do this by using natural methods and remedies. If you use drugs or drugstore laxatives you looking for health troubles down the road.

It's Not Your Fault You Have Constipation or Chronic Constipation

So why is it not your fault that you have constipation? Well, one reason is, you have constipation because of what you eat. When you were growing up, you learned what, how, and why to eat the way you eat now. This means you were trained on how to eat by your parents.

How to get rid of constipation

To get rid of constipation short term is easy. If you are constipated, you can get unplugged in a week or two or less and maybe in a day. Keeping un-constipated or regular long term is harder to do...

That is why I have written an e-book on How to Relieve Constipation Using Natural Remedies. It helps you eliminate constipation for good. This e-book is packed with information on all areas of constipation and tells you how to maintain regularity long term. (I am going to raise the price of this e-book from \$19.97 to \$29.97 by tomorrow, so if you want it at the lower price, now is the time to get it. My e-book is under priced that is why I am increasing it.)

Three Things to do to Get Rid of Constipation

Now here's what you should know and need to do.

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Drink more water or natural juices – if you don't drink enough water, your body takes it from your fecal matter in the colon and makes your stools hard and difficult to eliminate.

Eat more fruits and their juices – eat only fruits and vegetables and their juices from 8 pm to 12 pm. This helps you to detoxify and eliminate anything you have in your colon. You'll also get more fiber since fruits are high in fiber. Then at noon time you can have a nice lunch.

Now, one more thing,

How to Eat Protein to prevent constipation or chronic constipation

If you don't eat vegetables with your protein, this is a big problem and you're going to create

constipation. Your protein is going to take a long time going through your colon, and you will be constipated. The longer protein stays in the colon the more susceptible you are to colon cancer and other colon diseases.

So eat smaller protein portions and always eat it with raw vegetables. The vegetables provide fiber to mix in with the digested protein. Don't eat fruit with your meals or as dessert, they interfere with your digestion.

How to Eat Bread to prevent constipation or chronic constipation

Now, the same is true about bread or other flour products. They digest quicker than protein in the stomach, but in the colon they move very slowly. Again, eat them with vegetables unless you want to keep your constipation.

Use these ideas and you will see that you will slowly start to eliminate constipation and prevent chronic constipation.

Rudy is a Natural Nutritionist. To discover more tips and information on how to get rid of constipation go to:

If you have a pressing need to eliminate constipation check out his constipation ebook at:

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