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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Constipation Home Remedies Using Juices

By Rudy Silva

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Apple Juice, Figs and Raisins

Here's another constipation home remedy using apple juice with other fruit. Eat 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 and a small organic apple. 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.

Eat this home remedy for a few days until you start to get some relief from your constipation.

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. This powerful home remedy will get your bowels moving. Drink this combination first thing in the morning.

Stewed Figs

Take 10-12 calimyma figs and stew them in two glasses of distilled 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.

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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 cream

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

The following juices provide you with some powerful constipation home remedies that you can use right away.

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.

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 1/2 cup of distilled water and 1/2 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

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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.

Drinking any of these juices between meals will help you to get rid of constipation and keep your bowels moving.

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Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. For information on constipation and other remedy ebooks go to

<http://www.stop-constipation.com>

. See some of his newsletters at

<http://www.natural-remedies-thatwork.com/archive.html>

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...

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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.

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 your 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 constipation. 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 desert, 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:

<http://www.stop-constipation.com>

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

<http://www.remedies-for-constipation.com>



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