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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 and Natural Remedies

By Rudy Silva

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.

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.

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.

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. 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.

Constipation and Natural Remedies

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 you should only 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. But natural remedies can bring you back into balance.

Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid e-books. His 237 page, packed, constipation ebook can be seen at:

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

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...

Constipation and Natural Remedies

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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