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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!

How To Combat Constipation

By Bill Ronin

In persons who are fairly normal these changes may be brought about very quickly by regulation of the diet and a voluntary effort to move the bowels after each meal; but in persons who have been chronically constipated for years, other measures are necessary. Means must be employed to combat chronic constipation systematically and continuously. It is not proper, however, to resort to the habitual use of laxative drugs, such as castor oil, cascara sagrada, senna, etc. Salines and even laxative mineral waters must be avoided. All of these things do harm. They invariably aggravate the spastic condition of the descending colon almost always present.

Laxative drugs also produce an exaggeration of the anti-peristaltic movements, which begin in the transverse colon and travel backward toward the cecum. These movements are natural during digestion but do not interfere with the periodical movement of the intestinal contents. Colitis, rectal constipation and especially the use of laxative drugs greatly exaggerate this anti-peristaltic action and so increase the tendency to stasis in the cecum and the ascending part of the colon. It appears to be more than probable that this exaggerated anti-peristalsis set up by mechanical obstacles to normal bowel function existing in the distal colon is the chief cause of dilatation of the cecum and incompetency of the ileocecal valve, which is brought about by the over-distention of the cecum.

Bran and Paraffin

In the great majority of cases of constipation, even very obstinate cases, in which a natural movement of the bowels has not occurred in many years, the difficulty may be quickly over-come by increasing the bulk of the food intake and by adding a lubricant in the form of paraffin oil. The modern diet in civilized countries is by far too highly concentrated. The human intestine is adapted to a bulky diet. The average bill of fare leaves practically no residue after the digestive process is completed. This fault may be easily corrected by the addition of sterilized wheat bran in sufficient amount and by the free use of fresh fruits and green vegetables.

For normal persons living on a biologic diet bran would not be necessary, but persons who have been for years constipated have crippled colons, the colon is dilated and elongated, its muscular walls are weakened by long continued over-distention, and the mechanical stimulus furnished by a very bulky

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dietary is essential,

Such colons are also crippled by degeneration of the glands that normally furnish an abundance of lubricating mucus. This is particularly true in cases in which the appendix is diseased or has been removed but is also true in practically all cases of chronic constipation. This permanent deficiency may be compensated for by the use of paraffin oil which acts purely in a mechanical way, lubricating the intestinal wall so as to facilitate the onward movement of the colon contents. One or two tablespoonfuls of bran and one-half ounce to two ounces of paraffin oil taken at every meal will usually secure three or four bowel movements daily. The bran should be mixed through the meal. The paraffin oil should be taken a short time before the meal. Neither the oil nor the bran act as laxatives in the ordinary sense. They do not irritate the bowel. The bran stimulates the bowel not by irritation but by a sort of titillation, hastening peristalsis in both the small intestine and the colon, and by hurrying on the unused residues of each meal leaving no opportunity for the development of putrefactive changes. Bran also excites the intestine to action by distending it, and by the same means stimulates the activity of the glands which

furnish the digestive fluids.

Bill Ronin studies the relation between diet and ill health. Many common ailments can be treated naturally. For more information, visit:

<http://www.oldandsold.com/articles07/nu-59.shtml>

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.

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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.

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 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

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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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