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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 Your Constipation Causes Toxicity

By Rudy Silva

Having regular constipation can lead to some serious illnesses. Fecal matter should move through

your colon easily and in a short 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.

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."

How Your Constipation Causes Toxicity

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.

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.

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.

Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. His information can be seen at

<http://www.constipation-remedies.for--you.info>

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're 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

How Your Constipation Causes Toxicity

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 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 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 go to:

How Your Constipation Causes Toxicity

<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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