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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 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

How to Prevent or Get Rid of Chronic 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 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:

<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>

Constipation In Children

By Dennis Conner

How to Prevent or Get Rid of Chronic Constipation

If you think your baby has constipation just because he has infrequent stools, then you better think again. Having infrequent stools does not really mean constipation although this malady is characterized by erratic bowel movement.

Constipation is a result of a deficient and wrong diet, inadequate intake of fluids or a problematic colon. Babies who take in too much refined food can be candidates for constipation.

So how does one know when a child has constipation? A child may have constipation if he has very dry and hard stools. A person's feces or solid waste passes through the colon because the latter normally gets rid of the water that is within the stool. However, when the colon is not functioning well, it may remove too much of the water in the feces resulting to very dry and hard stool, thereby resulting to constipation.

In simple words, constipation occur when the body's solid waste stay in the colon, thereby extracting more fecal stool than what is necessary. This happens when a person`s colon has lesser movement as a result of a diet that does not properly stimulate the colon to do its normal function. Constipation also occurs when there is a barrier in the GI tract as when there are problems with the anus or a tumor blockage.

Babies, especially those who are breast-fed, do not really experience constipation because the baby absorbs nearly all of the milk and there is little residue left. Infants naturally release their waste less often but it does not mean they are constipated. However, when they are ready to get their feces off, they usually do it with a lot of grunting and forcing. This should not worry parents though because it is normal as the baby's anus may still be a little taut and needs more stretching before the stool can be released.

It is a different story though for formula-fed babies who can get constipated due to the milk residue in the colon. When these infants become toddlers and given a more solid diet later on, then they can be more prone to getting constipation.

For babies with really tight anus and who regularly experiences discomfort when passing stool, it is best to have a rectal examination by a trusted doctor to make sure there is no obstruction in the anus.

So how is constipation in children treated? One way of avoiding and treating child constipation is to improve his diet. There are mothers and even doctors who recommend the mixture of Karo syrup, the one used for hotcakes, with the baby's milk. The intake of fruit juices like apple or prunes may also help in loosening the stool.

Always seek your pediatricians advice.

The author is a regular contributor to Constipation Gone

<http://www.constipationgone.com>

where more

resources are freely available.



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