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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!

Using Carrot Juice for Relieving Constipation

By Rudy Silva

Carrot juices contain certain oils that work on the mucus membranes of the stomach and colon.

This helps with digestion and starts your bowels functioning properly. Carrots are high in fiber and beta-carotene, an antioxidant, which the body converts to vitamin A. Carrots can make your stools softer and larger.

Why are larger stools better? Because larger stools dilute toxins, exposure less toxins to colon walls, and press against colon walls to promote peristaltic action.

Drink carrot juice twice daily, once in the morning and in the evening before bedtime. You can drink more carrot juice if you like. Its action on the body produces enormous benefits since it contains a good number of vitamins and minerals – B, C, D, E, K, carotene, sodium, and potassium. These nutrients help to clean out your colon and speed up fecal matter movement. As you increase the carrot juice you drink, chances are you will feel a little uncomfortable. This happens when carrot juice reaches your intestines and colon and begins stirring up the toxic layers and materials in that area. This feeling will pass and is nothing to worry about. If you are pregnant, drink carrot juice daily to build up your breast milk and to provide your baby with the nutrients that it needs

Carrot Juice, Carrots and Celery

An effective way to clear constipation is to combine vegetables that are high in fiber and that have laxative effects.

Celery is high in fiber, potassium, sodium, and many other minerals. It can reduce inflammation and protect against cancer. Celery has a chemical called polyacetylene, which reduces prostaglandins that cause inflammation.

Celery has a calming effect on the nervous system. If you have been using laxatives, which have overworked your colon nerves, celery will help to relax these nerves and give them a rest.

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Adding carrot juice to celery juice provides an even better nutritional drink. This drink will help to restore nerve function in your colon and improve its health.

Celery has the highest content of organic sodium. This sodium is used throughout the body as lymph saline liquid allowing cells to work and live properly.

Celery is also beneficial for the stomach. The stomach lining is filled with sodium and this sodium is necessary to prevent ulcers.

Here's what to do,

Eat carrots and celery during the day and for your salads; drink a glass of carrot juice in the morning and one in afternoon. By eating slightly steamed carrots you can increase the carotene available from the carrots by up to 4 times. However, by cooking carrots, you destroy the enzymes that will help you to digest them quickly and completely.

Boost your carrot juice by juicing with it a few stalks of celery, which includes the leaves. The leaves have more nutrients than the stalk and are part of the nutritional value of celery.

Tomato, Carrot, Celery Drink

Here's a drink you can take in the afternoon to activate a bowel movement.

With a juicer, juice some tomatoes, carrots, and celery. By experimenting, you can discover the amount of each vegetable to use according to your taste. Mostly likely you will want equal amounts of tomatoes and carrots and you will want to add a few stalks of celery including the leaves.

Now, let's add a few more items to give your drink more pushing power. Squeeze in a small amount of garlic, onion, and radish. While juicing your carrots, juice a small bunch of spinach or parsley.

Drink 1 to 1 ½ cups in the morning and see the results soon after.

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. He writes a newsletter called natural-remedies-thatwork.com and his information on other topics can be seen at

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

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Acne Program – Step 8 Vegetables to Eat and Drink

By Rudy Silva

Eating and drinking vegetables is necessary for good health and for keeping your skin free from acne. Most people don't eat enough vegetables and seldom drink their juices. Here is a list of vegetables and their juices that you need to eat and drink daily to help eliminate your acne.

Vegetable juices

Vegetable juices are absorbed quickly into your bloodstream. As a result, your cells are quickly provided with nutrients that feed them and that wash away waste. Vegetable juices give you the opportunity to get quick relief from various body conditions such as acne, skin disorders, and constipation.

Eating and drinking vegetables provide you with minerals and nutrients that build your blood, tissue, bones, and cells. It is minerals that build every part of your body. It is minerals that keep your body's pH at the required level. It is minerals that keep your body alkaline by neutralizing body acids. Concentrate on putting minerals into your body by eating and drinking plenty of fruits and vegetables.

Carrot apple juice

Drink carrot juice every day. I like drinking carrot juice mixed with apple juice. My stomach can handle this combination better.

Carrot juice contains many vitamins and minerals. It is high in beta-carotene. Carrot juice will enhance your skin's health and help you eliminate acne.

Carrot, spinach, and apple juice

A combination of carrot, spinach and apple juice is a powerful drink for cleaning the colon, relieving constipation and improving your skin conditions.

To make this drink, juice 3–4 carrots and a bunch of spinach. Then add juiced apples to make this drink more drinkable.

Vegetables

The word phytochemicals is used frequently here. Phytochemicals are all of the chemicals that exist in

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vegetables and fruits. There are so many phytochemicals that scientists have yet to investigate and learn about all of them.

Here are the vegetables that you should be eating the most of, so you can support the cleansing of your face and eliminating acne.

* Carrots – contain a rich source of vitamin A–like carotenoids. These phytochemicals have been shown to enhance the health of skin and repair it when it is damaged. * Cabbage – helps to detoxify the body of harmful chemicals from the air and food additives. * Celery – helps to reduce nervous

tension. It contains many minerals that help to neutralize body acid waste and is high in fiber * Cucumber – helps to reduce acne problems because it is high in silicon and sulfur. It is also a diuretic which helps flow more water through the kidney to clean out your blood * Broccoli – is rich in beta carotene, a precursor to vitamin A, which is good for the skin * Garlic – is a natural antibiotic and will help relieve skin bacterial infections * Green pepper – The nutrients in green peppers are good for liver health and constipation. Its minerals are good for neutralizing acid waste. * Radishes – help to digest your food. Good digestion is necessary to avoid constipation and to keep the liver and pancreas strong * Sprouts – provide plenty of vitamins and minerals, which help to reduce body acids * Watercress – helps to prevent vitamin and mineral deficiencies at the skin surface. It provides Vitamin A, B1, B2, C, iron, manganese, copper, and calcium.

Look this list of vegetable over, make a list of them, and head for your favorite store, or farmers market. Concentrate in eating and drinking these natural products and you will see results in your health and a decrease in your skin disorders.

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