

# Constipation Solutions

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a practical guide to discovering the cause of your constipation and finding the right natural remedy for your unique case details the 8 main causes of constipation and how to determine which is at the root of your difficulties offers practical advice on how to correct each type of constipation with natural and non aggressive methods such as dietary changes herbs and relaxation methods explains gentle natural ways to empty the bowels when quick relief is necessary reveals how treating constipation properly can restore full function not only to the digestive system but to the liver and kidneys as well constipation has many causes most people do not know the exact cause of their constipation and thus have trouble finding lasting relief yet there are many natural remedies available that can be tailored to your body s specific needs in this step by step guide christopher vasey explains how healthy intestines work and the different forms that constipation can take he details the 8 main causes of constipation lack of roughage lack of water liver dysfunction

constipating foods or medications weak muscles imbalances in intestinal flora stress and anxiety and nutritional deficiencies he helps you discover which of the 8 causes underlies your unique case and offers practical advice on how to correct it with natural and non aggressive methods such as dietary changes herbs and relaxation techniques for situations when quick relief is necessary he provides gentle ways to empty the bowels including natural laxatives and enemas explaining which to choose for each type of constipation but also stressing that these are only temporary solutions explaining how constipation can be a symptom of a deeper imbalance the author explores how treating it properly can restore full function not only to the digestive system but to the liver and kidneys as well in this practical guide you will learn how to support the work of your intestines allowing your body to gradually resume its natural working rhythm

download top 50 natural remedies for constipationconstipation is a common phenomenon that most of face due a variety of reasons often we rush to nearest medical store and pick quick relief medications off the shelf though these commercial medications provide instant relief they also bring with them a host of side effects which stay for a long time to come this book aims to provide a comprehensive guide of recipes of natural remedies that can be easily prepared at home and used to overcome constipation naturally without any further side effects the recipes that are listed in this book comprise of easily available ingredients which can be accessed by almost everyone in fact most of the ingredients are already there right at your home the recipes described in this book have been collected from across the globe every society and civilization has over the centuries developed its own line of natural remedies these remedies are not only effective but are also completely safe which is what makes them so popular in today s world of chemical contamination here is a preview of what you will learn in this book recipes for constipation relief using chamomile oatmeals beans sweet potatoes and prunes salad recipes that keep your bowel movements smooth and help avoid constipation collection of soups that are effective for constipation relief a host of smoothies and juices that have an amazing effect against constipation wonderful dessert recipes that are tasty and great in your fight against constipation this book is ideal for all those who are health conscious and want to adopt natural means for relief from common issues such as constipation the ideas are easy to get started with and help you experiment and modify the recipes as per availability of ingredients and suitability for your taste buds download your copy today

constipation is an epidemic over 15 of the population is struggling with constipation leading to over 6 million doctor s visits and 700 000 emergency room visits a year often when you go to the doctor for constipation you are given a laxative and sent home laxatives are just a bandaid on the symptom of constipation and don t address the root cause of constipation diet is a very common culprit of chronic constipation it s hard to change your diet and even harder to change your child s diet but this cookbook contains recipes that are kid and picky eater friendly food options that can bring immediate relief from constipation and can help heal your gut all while tasting great

1939 some of the contents constipation what is it predisposing causes remedies treatment for constipation laxatives mechanical obstruction colitis and its treatment suggestions regarding food etc

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