Relieve Constipation Naturally
“Potty problems” are something we avoid in our everyday conversations. While you may be more than willing to share how much your sore throat is torturing you, rarely do you go into the office and announce that you haven’t pooped in five days. However, constipation is not something to be embarrassed about, and if you’ve had it (and we all have) than you understand that it is no laughing matter—in fact it can be downright debilitating. Before running to the drugstore for a quick-fix laxative (which often worsen the problem) try some simple home remedies to relieve your discomfort, and keep it from coming back.

What is constipation

Constipation, the "difficult, incomplete, or infrequent evacuation of dry hardened feces from the bowels" (The American Heritage Dictionary) can be an occasional, acute, or chronic problem. It can be caused by many factors including lack of fluids, poor diet, sedentary lifestyle, emotional state, or as a side-effect of specific medications. Be aware of the constipating effect of other drugs or supplements you may be taking, like iron tablets, opiates, antidepressants, excess cheese and antihistamines. Constipation is almost always a nuisance; it can also be a sign of a more serious condition. Chronic constipation should be evaluated in conjunction with a healthcare professional.
Relieve Constipation Naturally

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THE EDUCTOR SOUNDS
TOO GOOD TO BE TRUE
IT IS ACTUALLY
SO TRUE
IT IS BEYOND GOOD
"Health Care starts with
1. What not to eat, do or think, then
2. What is good to eat do or think, and then
3. We start with the device and balance the body electric.

Doing 3 without 1 or 2 is not really Health Care it is Disease Care"

Desire' Dubounet
Natural remedies for constipation

THE SIX UNHEALTHY WHITES Do NOT EAT These Foods

WHITE RICE  WHITE FLOUR  WHITE SUGAR  White Pork  White Potato  Milk

THE WHITER THE BREAD

THE QUICKER YOUR DEAD
Get your Levulose from unprocessed unsweetened fruits NOT SYNthetic HFCS

The Corny Truth About HIGH FRUCTOSE CORN SYRUP

Top 10 Foods with the Highest Quantity of HFCS:
1) Yogurt  
2) Breads  
3) Frozen Pizza  
4) Cereal Bars  
5) Cocktail Peanuts  
6) Boxed Mac n Cheese  
7) Salad Dressing  
8) Tomato-Based Sauces  
9) Apple Sauce  
10) Canned Fruit

*High Fructose Corn Syrup has been linked directly to obesity, diabetes and metabolic dysfunction

TO SAVE YOUR LIFE AVOID HFCS
Click here to learn more

![Danger HFCS Sign](image)
PROOF SUGAR IS BAD, VERY BAD, REALLY LISTEN IT IS EXTREMELY BAD AND A MAJOR CAUSE AND AGGRAVATOR OF ALL DISEASE

http://youtu.be/Ah88gjejCTU short story of sugar

http://indavideo.hu/video/Bad_Bacteria_Take_over_the_Brain

http://www.downloads.imune.net/medicalbooks/Bad%20Bowel%20Bacteria%20can%20take%20control%20of%20your%20Brain.pdf

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http://medicalexposedownloads.com/PDF/Obama%20pushes%20FDA%20to%20make%20nutrition%20labels%20show%20added%20sugar.pdf
1. Oil…it gets more than cars running
Pure olive oil is more than just a healthy and tasty fat, it can also help relieve constipation. It’s not surprising really when you consider what olive oil’s texture and consistency is like- it’s practically the poster child for constipation home remedies. It stimulates your digestive system, which helps get things moving through your colon, and taken regularly it can prevent constipation as well.

You will need…
- 1 tablespoon of olive oil
- 1 teaspoon of lemon juice (optional)

Directions
In the morning consume one tablespoon of olive oil. It works best on an empty stomach, so have it before you eat anything else. If you forget, wait until later when you haven’t eaten for a while. You can mix it with a little bit of lemon juice if you like to lighten the flavor (lemon juice also acts as a natural aid for constipation.)
Natural remedies for constipation

Vitamin E is very rich in Sunflower Oil. This vitamin can be taken in an easy to swallow pill, or use Sunflower Oil unheated on food, and can be combined with Vitamin C and beta carotene. Many doctors feel that these vitamins, along with little bits of zinc (zeaxanthin, wolfberry), Lipoic acid and copper oxides, can reduce the likelihood that the disease will progress.

Black Cumin Seed Oil: The Most Powerful Oil In The World?

The Prophet Muhammad called Black Cumin Seed “the remedy for every illness except death”, it was used by Cleopatra as a beauty treatment and Hippocrates used it to cure metabolic and digestive disorders. Some of the conditions found to have been improved through the use of Black Cumin Seed Oil include: allergies, anxiety, cold and flu, diabetes, hair loss, headaches and migraines, high blood pressure, insomnia, depression + more.
Prof. Desi’s Health Stim Salad Oil:

to get all of your fatty acids you must use cold processed oils of many types. Blend sesame, safflower, soybean, sunflower, olive, and avocado oil in equal parts, to get some of the high end fatty acids soak finely crushed nutmeg, cloves, mustard seed and parsley in canola oil or sesame oil. Let it sit in the sun for 2 days. Blend this into the oil and this will make a fine source of all your fatty acids. If you can get nutmeg, goji berry, parsley, mustard, or clove oil all the better then you won’t have to make it.

This is important for all diseases and for maintaining health. Any nervous disease, degeneration, and immunity disease will respond much better if the patient takes some of this oil. A small quantity is all that is needed. Just put some on bread, or a salad
Health Benefits Of Mustard Oil

- **Heart Health:** Mustard oil is rich with monounsaturated and polyunsaturated fats, which may help to balance cholesterol levels in the body.

- **Anti-bacterial:** When consumed, mustard oil may fight bacterial infections inside the colon, intestines, urinary tract and other parts of the digestive system.

- **Antifungal:** Applied directly to the skin, mustard oil can help fight fungal infections.

- **Digestive Aid:** Mustard oil boosts the appetite and aids in digestion by stimulating the secretion of gastric juices and bile as well as stimulating the excretion system.

- **Skin Health:** The high vitamin E content of mustard oil helps improve skin health. Applied topically it may also help protect the skin from ultraviolet light and other pollutants.

- **Anti-Inflammatory & Pain Relief:** Applied topically, mustard oil has been known to relieve the painful effects of rheumatism and arthritis as well as help soothe sprained ankles and other such joint aches and pains.
2. Freshen up from the inside out
Ah the scent of a fresh lemon…did you ever think your stomach might appreciate it as much as your nose? The citric acid in lemon juice acts as a stimulant for your digestive system, and can also help flush out toxins and undigested material that may have built up along the walls of the colon. Mixing the juice with water not only lessens the intensity of the lemon flavor, but helps get you the fluids you need to get everything moving normally again.

You will need…
- 1 fresh lemon
- 1 cup of warm water

Directions
Squeeze the juice of 1 lemon into 1 cup of warm water. Drink or sip until finished completely.

3. Molasses makes the world go ‘round
Blackstrap molasses has been a sweet savior for more than a few sufferers of constipation, be it chronic or occasional. The reason blackstrap molasses works so well is because of how it is made. Regular molasses is essentially pure cane sugar juice boiled to concentrate and crystallize the sugar. The third boiling results in blackstrap molasses, which is crystallized but contains significant amounts of vitamins and minerals, specifically magnesium, which is what helps the constipation. It’s natural, tasty, and while you thank goodness someone decided to repeatedly boil a bunch of sugar, your body will thank you for the natural remedy.

You will need…
- 1 teaspoon of blackstrap molasses
- warm water or tea (optional)

Directions
Consume one teaspoon of blackstrap molasses. Start slow and small here—if you don’t like the flavor of molasses, you can add it to a cup of warm water or tea to dilute the taste. If you find that a teaspoon has not been effective, you can go as high as 1-2 tablespoons, but try less at first.

4. Coffee is our friend (sometimes)
A lot of people love their morning coffee, but it does more than just give off heavenly aromas and help you perk up. Caffeine is a natural stimulant for the digestive system, so indulging in a cup of joe will help get you up and running in more ways than one. 1-2 cups is fine, but make sure you don’t
overdo it—too much can actually have the opposite effect. Coffee is a diuretic and makes you urinate more frequently, and if you drink it in excess, it can cause constipation by dehydrating your body and drawing out water that would normally soften your stool.

5. Get moving
If you want stuff to move through your body, you need to move too! Our lifestyle these days not only involves dietary changes that increase constipation, but we’re often sitting much more than we’re active. While there isn’t an exact scientific reason as to why lack of exercise is linked with getting clogged up, we can assume that moving the body helps get the smooth muscle in the colon moving as well. Keep in mind, however, that you should wait an hour after big meals before exercising. There are also specific stretches and workouts that are supposed to help with getting good old number 2 out the door.

6. Go natural (aka fiber, fiber, and more fiber)
You’ll hear people talk a lot about how a natural diet helps relieve and prevent constipation. An overall healthy diet just improves everything, and our bodies know how to process fruits, veggies, grains and roughage more than the refined or artificial foods that don’t pass as easily. To get more specific, natural foods tend to contain boatloads of fiber—that magical word that signifies the end of toilet suffrage. In short, fiber is material that cannot be digested, and it acts like a sponge. It draws water from its surroundings, making it swell, which softens stool and adds bulk to it, which in turn helps it pass. Like coffee, some kinds of fiber (like beans) can contribute to constipation, so always drink plenty of water. Some good fiber-filled foods include-

- Beans
- Apricots
- Whole grain bread
- Berries
- Broccoli
- Plums, pears, and apples
- Nuts
- Sweet or Orange Potatoes

FRUITS ARE YOUR SUGARS
Prof Desi's Healthy

BEAN SOUP or BEAN DIP

1 large red onion, chopped
3/4 cup thinly sliced celery
1 teaspoon dried minced garlic
3 cups defatted chicken broth
1 tablespoon Worchester sauce
1 tablespoon kelp
2 teaspoons tamari soy sauce
1/8 teaspoon pepper
1/8 teaspoon ginger
45-ounces of beans, rinsed, germinated and drained

Use kidney bean, jack bean, black bean, soybean, pea, snow pea, lentil, sesame seed

Brown onion. Add celery and garlic. Cook one more minute. Add rest of ingredients. Simmer 15 minutes. Remove from Dutch oven and puree in a food processor or blender.

Return to Dutch oven. Simmer 30 more minutes. Serve over brown rice and top with chopped onion. Serves four to six.

"Heating destroys some nutrients so vegetables cooked more quickly and thus exposed to heat for a shorter time retain more nutrition. Steaming and stir-frying help to retain the heat sensitive nutrients"
7. Get some FLAXitive
Flaxseed oil is a pretty simple home remedy for constipation. It sort of coats the walls of the intestine, as well as stool, and increases the number of bowel movements you are having. Enjoying your oil with orange juice is a double whammy when it comes to constipation, since oranges have a good amount of fiber in them (make sure to get orange juice with pulp, which is what has most of the fiber.)

You will need…
- 1 glass of orange juice with pulp (8 oz.)
- 1 tablespoon of flaxseed oil

Directions
Mix 1 tablespoon of flaxseed oil with 1 glass of orange juice. Drink as needed, but give it time (up to 5 hours) to start working so you don’t overdo it.

8. Aloe—it’s benefits aren’t just skin deep
Aloe is known to soothe minor cuts and burns, but it can also soothe your tummy. It’s best to use pure aloe vera gel from the plant. The gel straight from the plant is more concentrated than commercial aloe juice so don’t use more than 2 tablespoons. If you don’t have an aloe plant, than drinking aloe juice can accomplish similar results.

You will need…
- 2 tablespoons of pure aloe gel or 1 cup of aloe vera juice

Directions
Mix two tablespoons of pure gel with fruit juice and drink in the morning, OR drink one cup of aloe vera juice as needed.

9. Establish a routine
Potty schedules aren’t just for puppies, they’re a great way to relieve and prevent constipation in humans too. Regulating the timing of when you go to the bathroom will regulate your bowel movements as well. Set aside about 15 minutes anywhere from 1-3 times a day, and take your time, even if nothing happens. Make sure you stay relaxed, and eventually your body will catch on.

10. Baking soda does it all
Baking soda lies at the heart of home remedies. It’s is so incredibly versatile, and it pretty much does its job 95% of the time. It works incredibly well for constipation (and tummy aches in general) because it is a bicarbonate, which will encourage air to come out of you one way or another, and relieve pain from pressure. It also re-alkalizes the stomach, neutralizing the acid a little bit and helping things pass through your gut.

You will need…
- 1 teaspoon baking soda
- 1/4 cup warm water

Mix a teaspoon of baking soda with ¼ cup of warm water. Drink all of the mixture—the quicker you finish it, the better it seems to work.
11. Empty out with Epsom salt
Epsom salt is an effective home remedy for constipation for two main reasons. First, the salt draws water from its surroundings, softening up stool and making it easier to pass. Second, the magnesium that is present in the salt promotes contraction of the bowel muscles, which also makes passing easier. Table salt can be useful in terms of drawing water out, but it lacks the magnesium that Epsom has, so try and use Epsom salt if possible.

You will need…
-2 teaspoons of Epsom salt (for adults) OR ½ teaspoon (for children)*
-1 cup of water or fruit juice

Directions
Dissolve 2 teaspoons of Epsom salt in one cup of water or fruit juice and drink all of it. If within 4 more hours there is no sign of bowel movement, you may take one more dose. Only use ½ teaspoon for children.
*Consult the box for dosing
12. Don’t forget the prunes…
Perhaps one of the most classic cures for constipation is prunes or prune juice. The fruit works as a natural laxative because it has high amounts of fiber, and contains sorbitol. Sorbitol softens stools because it is a natural carbohydrate that is not easily ingested, causing it to draw a lot of water as it passes through the intestines and adding bulk to stool. Be careful though-too much and sorbitol can cause gas and make stool too soft.

You will need…
-2 glasses of prune juice (8oz)

Directions
Drink one glass of prune juice in the morning and one at night to relieve constipation. It should start working within a few hours, so it’s important to let one glass pass through your intestines before attempting to drink another-or else you risk diarrhea. You can also eat several prunes instead of drinking the juice if you prefer.

13. Heed natures call
This is a preventative measure to help ward off those uncomfortable bouts of constipation in the future, and it’s pretty straightforward. When you need to go to the bathroom-go! Your body is giving you the signal for a reason, and it’s a good idea to listen. The longer you hold it in, the more water is absorbed from the stool, and the harder it becomes. You’re body also only sends the signal to have a bowel movement for a certain amount of time, after a certain amount of time. That’s why if you have to go really badly and don’t, you stop feeling like you have to go. Delay the duty and you may not get the heads up to go until you’re even more clogged.

14. Dandy Dandelions
Dandelions are a terribly annoying weed, but you might view them differently after they help relieve your constipation. The constituents of dandelions make it a gentle laxative as well as an effective detoxifier, and a cup of dandelion tea will be enormously beneficial to those who are suffering from
constipation due to inactiveness or the consumption of a lot of processed foods (although drinking it does not mean you don’t need to exercise or eat healthy!)

**You will need…**
- 1-2 teaspoons of dried dandelion leaves
- 1 cup of hot water

**Directions**
Put 1-2 teaspoons of dried dandelion leaves into a mug, and pour hot water over them. Cover and let steep for 6-10 minutes. Drink up to 3 times a day.

**15. Bacteria is necessary**
Healthy gut flora is vital to keep our digestive system working properly, especially in these times, when our stomach is getting pounded with all sorts of processed sugars and foods. Working to keep the good bacteria in our bodies strong and plentiful will help prevent constipation, and lessen its severity should it still occur. There are a number of ways to go about helping your bacteria flourish, but one simple method is to enjoy a cup of yogurt, which is filled with probiotics, with breakfast and during the day.

**You will need…**
- 1-3 cups of plain yogurt

**Directions**
Eat a cup of yogurt with breakfast, and then on its own or with snacks throughout the day.

**16. Rock the squat**
It sounds a tad awkward, but literally squatting over the toilet can help relieve constipation and kick start your colon. It’s a natural position that our bodies understand means “it’s time to go!”

American’s spend a little less than $1 billion dollars a year on laxatives that will ultimately only contribute to the problem, and wreak havoc on the body. Know that you do not have to have a bowel movement every single day to be regular—that’s a myth that contributes to the dependency on laxatives. Some people only poop every few days and that’s normal for them, while others go multiple times a day. We’re all different, and there are too many factors to decide how often every single person should be going—just know your body and use common sense.

Constipation may be something that people like to keep to themselves, but whether you don’t tell a soul, or announce it on graduation day via the loudspeaker, it all comes down to the fact that it can
serious impede day to day life. It is also, thankfully, something that can often be effectively treated naturally and at home. As a bonus, many of the lifestyle changes that help constipation (diet, exercise, etc.) simply make you an overall happier, healthier human being.

**Natural remedies for constipation**

Laxatives, even herbal laxatives, should be used with caution. Other natural remedies should be tried first. The gentlest remedies for constipation include increased movement and exercise, certain yoga postures, increase of fluid intake, and dietary changes including increased fiber and fruit. Acidophilus liquid or powder relieves chronic constipation (says herbalist Susun Weed in her Wise Woman Ways for the Menopausal
Natural remedies for constipation

Years). And prune juice may be the most effective and gentlest remedy for constipation.

Dr. James Duke, a scientist who worked for the USDA, recommended in his typical iconoclastic fashion, that Dan Rather ask the commissioner of the Food and Drug Administration (FDA) if he considered prune juice a safe and effective laxative. "If he answered no, I suggested that Rather request that Dr. Kessler (the commissioner) drink some and experience the results for himself. If he answered yes, I suggested that Rather ask why FDA labeling regulations prohibit prune juice marketers from stating that prune juice is a safe, effective, gentle laxative." "...(It) is probably the cheapest, least unpleasant laxative now available." (The Green Pharmacy, p140)

Apple-pear juice is also highly recommended; and stewed fruits like prunes, figs, or dates especially when mixed in licorice tea makes a tasty laxative snack

Some other options

Not a usual topic of discussion, at least here in middle-class America, is the position in which one attempts a bowel movement. Squatting can really help alleviate mild constipation - but may be awkward on traditional toilets. Some families find that using a small footstool to raise and open the legs helps to facilitate an easier evacuation. Massaging the abdomen with essential oils with laxative properties (in a carrier oil base) like chamomile, marjoram, or peppermint can also be helpful.

Herbal laxatives

There are three classes of herbal laxatives - bulk, mild (but not bulk) and purgative.

Whichever category you use, remember that it takes time for laxatives to work. The bulk herbs may need 12 to 24 hours to encourage a bowel movement, and irritating herbs somewhat less time, perhaps 6 to 12 hours. So be patient, and do not take another dose prematurely.

Bulk laxatives
Bulk laxatives are the gentlest for occasional constipation. Flaxseed (also known as linseed), psyllium, and fenugreek are three well-known herbal bulk laxatives. In The Family Herbal, the authors recommend flaxseed as a "laxative without side effects". You can take one tablespoon of whole seeds two to three times a day, followed by two cups of liquid. To help bulk laxatives do their job properly, one must drink a lot of water, otherwise gastrointestinal obstructions can occur.

Psyllium, another bulk laxative, is more well-known to most consumers as the main ingredient in Metamucil. A combination of psyllium seeds and a large glass of water can help lubricate the bowels and ease the passage of dry stools. In addition, this seed may also help cut cholesterol. It is quite popular in Germany to take 3 to 10 tablespoons a day for chronic constipation. The seeds swell; they also need plenty of water to motivate their transit through the digestive tract. Caution - asthmatics shouldn't take this herb; if you generally have allergies, take only with caution. ("There have been several reports of allergic reactions to psyllium, including a few serious asthma attacks from inhaled seed dust." - reported by James Duke in The Green Pharmacy)

Mild (not bulk) herbal laxatives

Dandelion root is a mild laxative often recommended by practicing herbalists. Susun Weed says it is especially helpful for bed-ridden elders and others with chronic constipation. "The root in tea will have little effect on constipation due to nervousness, diet, fevers, and such occasional causes, but acts reliably when it is chronic, related to age, long-term illness, or general intestinal blahs; a teaspoon of the root boiled in water three or four times a day." Use dandelion leaves in salad, or 1-2 teaspoons of dandelion vinegar or 10 - 20 drops of tincture taken with meals.

Chickweed as a laxative is controversial but not seemingly harmful. It would seem from the debate surrounding it that the worse that can happen while using chickweed for constipation is - more of the same. Varro Tyler heavily disparages its medicinal use "...there is no indication (in the "extensive scientific literature devoted to chickweed") that any of the plant's constituents possess pronounced therapeutic value; ... most writings concern various methods of controlling this pesky weed. (HeK comment: check this to see why Tyler isn't very respected as a herbal authority: http://www.herbological.com/deconstructingtyler_review.htm)" This is in sharp comparison to how Susun Weed sings this herb/weeds virtues:

"Those with digestive system problems crave plates of chickweed salad, for mineral-rich bulk and soothing, cooling energies to nourish their weak stomachs and bowels. Chickweed eases and helps those with yeast overgrowth, constipation, hard stools,
Natural remedies for constipation

hemorrhoids, stomach ulcers, intestinal ulcers, colitis, internal inflammation, stomach cancer, and those healing after treatment for appendicitis, peritonitis, or the like." (Healing Wise, p 121).

Both Susun Weed and Deb Soule also recommend yellow dock root tincture as a remedy for constipation.

Constipation as a menopausal symptom

In Wise Women's Ways for the Menopausal Years, herbalist Susun Weed explains that "Menopausal constipation and indigestion are generally due to the slowing of the gastrointestinal tract (estrogen is a gastrointestinal stimulant) and heavy demands on the liver." Again yellow dock root, as vinegar or tincture, and dandelion are highly recommended. "Menopausal women will want to avoid the use of bran as a laxative in deference to building strong bones." Instead try prunes, figs, or rhubarb with maple syrup. Daily doses of 1 teaspoonful vinegar or 5 - 10 drops tincture of yellow dock eliminate constipation, indigestion, and gas. "Yellow dock is especially recommended for the woman who finds her early menopausal menses getting heavier."

Purgative or cathartic laxatives

Purgative laxatives is the category most utilized; and purgative herbs are used in healthfood store formulations and in many commercial over-the-counter laxatives. This group includes aloe, buckthorn, cascara sagrada, rhubarb, and senna. All the herbs in this category contain anthraquinones, strong and irritating chemical compounds that force the bowels to evacuate. They should be used only as a last resort.

Pregnant or nursing mothers should not use these irritants, nor should people with gastrointestinal problems including ulcers, ulcerative colitis, irritable bowel syndrome, and hemorrhoids.

Avoid the prolonged use of purgative laxatives. The continual use can cause lazy bowel syndrome. When this negative cycle develops the result is a sluggish digestive system unable to evacuate without the use of more laxatives. Studies also show that chronic over-use of constipation relieving drugs can lead to disturbances of the bodies electrolyte equilibrium. In turn this can result in potassium deficiency and a concomitant problem for those who are taking heart medications. ("In Germany, the law requires that the labels on all anthraquinone preparations must bear the warning
that possible potassium deficiency can intensify the effect of chemical heart drugs - cardiac glycosides"; The Family Herbal, p.188)

The gentlest of this class of cathartic laxative herbs is cascara sagrada, known as "sacred bark" from a native American tree (Rhamnus purshiana). Michael Castleman says cascara sagrada is the "World's most popular laxative". Many herbalists claim that in addition to its laxative quality it also tones the intestinal tract and colon. It can be purchased in over-the-counter preparations or taken as a tincture (½ teaspoon at bed). Although a decoction (tea) is sometimes recommended, it is very bitter. It should never be used for more than 2 weeks, and a reputable source is important because unless the cascara is prepared correctly it can have negative side-effects. (Fresh bark cannot be used; the bark needs to be dried and stored for at least a year).

Dr. Weil, the well-known physician/author and lecturer, says "If you must use an irritant laxative, try rhubarb root (Rheum officinale). It is one of the safest and least violent, but it should be reserved for occasional use only. You can get preparations of rhubarb root in health food stores. (Natural Health, Natural Medicine, p 274)

Senna (Cassia acutifolia) is a bit stronger and also quite popular. It, too, is a main ingredient of many over-the-counter laxatives. Kathi Keville states that it is the most often purchased laxative herb in North America. And my perusal of over-the-counter laxatives supports this. In fact, the company that manufactures Ex-Lax recently updated its formula. Senna has replaced the key ingredient, the chemical phenolphthalein, which proved to have carcinogenic tendencies. Again, taste is a reason that herbalists might not recommend this remedy in its natural state. "The taste of senna is nauseating... herbalists generally discourage using the plant material and instead recommend over-the-counter products containing it."

Some herbalists recommend blends that pair the strongly bitter herbs with others that are better tasting and more easily tolerated. Kathi Kevilles approach is to combine the irritant herbs with tasty ones like peppermint, ginger, and fennel, that also relax the intestines and prevent cramping.

A commercial example of such a mixture is the blend Smooth Move sold by Traditional Medicinals. The main ingredient is senna, combined with licorice, and cinnamon, ginger, orange peel, fennel and coriander seed.

Another herb in this category, aloe, is even more problematic. Its popularity has recently increased and it is a wonderful herb to use externally for skin care. But because of its use, its name is becoming more known, and some people assume that because it is safe for one purpose, that it is ok to try for another reason. But this is not so!

A recent magazine article suggested drinking aloe vera juice on a daily basis. But many western herbalists do not recommend aloe as a laxative because it is too strong, although it has a history of use in Ayurvedic medicine. Michael Castleman in his popular
book The Healing Herbs, has a headline under aloe, "Never a laxative". He says it is the "most drastic" of the cathartics and that it is least recommended "because it often causes severe intestinal cramps and diarrhea."

Ayurvedic herb mixture

Dr. Andrew Weil suggests using Triphala, an herbal mixture from the Ayurvedic tradition. He says this mixture of three herbs is a "superior bowel regulator rather than a laxative,...take it regularly, it's benefits accumulate the longeryou stay on it." Available in health food-stores in capsule form, follow the directions on the label.

Recipes for relieving constipation

compiled from some popular herbal guides

**Constipation tea/tincture** (Deb Soule, The Roots of Healing, p92)
Dandelion root 2 parts
Yellow dock root 1 part
Angelica root 2 parts
Burdock root 1 part
Ginger root 1 part
Licorice root ½ part
Place 7 to 8 tablespoons of herbs in 1 quart of water and simmer, covered for 30 minutes. Drink warm as needed. As a tincture, take 25-50 drops as needed. For chronic constipation, take 3x a week for 1 to 3 weeks.

**Laxative Tea** (Michael Moore, Herb Formulas for Clinic and Home)
3 parts Psyllium seed
3 parts Licorice root
2 parts Rhubarb root (Rheum officinale)
2 parts Senna pods, crushed
2 parts Angelica root
Drink as a simple tea/infusion in the evening.

**Herbal Laxative Syrup** - for adults (Kathi Keville, Herbs for Health and Healing, p 84)
1 teaspoon honey (or barley syrup or some other natural liquid sweetener)
2 teaspoons cascara sagrada bark tincture
1 teaspoon licorice root tincture
Natural remedies for constipation

½ teaspoon tincture of fennel, ginger, or peppermint
Warm honey enough to make it liquid. Combine it with the remaining ingredients and stir well. Take 1 teaspoon.

Children's constipation

Keville suggests tea (recipe below); elderberry jam; catnip enema; ground psyllium seed in juice; and slippery elm gruel. For children's constipation, Susun Weed suggests violet flower syrup.

**Slippery Elm gruel** - for children (Kathi Keville, Herbs for Health and Healing, p 221)
1 tablespoon slippery elm powder
¾ cup water
1 teaspoon lemon juice (optional)
Combine powder and water in saucepan and heat until warm, stirring the mixture to prevent clumping. Add optional lemon juice for flavor. Can also sweeten the gruel with child's favorite herbal or fruit based sweetener. Child can drink entire amount (for every 50 lbs of body weight). Drink before it cools - as gruel cools down, it thickens and the thicker it gets, the more likely your child will push it away.

**Constipation Tea** - for children (Kathi Keville, Herbs for Health and Healing, p.220)
1 cup boiling water
½ teaspoon licorice root
¼ teaspoon ginger root (or fennel seeds)
¼ cup apple juice (optional)
¼ cup prune juice (optional)
Steep first 3 ingredients; strain; add juices. Recommended - 50 lb child, ¼ cup every 2 hours "until a change for the better becomes apparent".
If staying regular is a struggle for you, here are my top recommended constipation remedies:

1. **Get checked for hypothyroidism, especially if you’re a woman over 40.** Constipation is one of the hidden symptoms of hypothyroidism.

2. **Try squatting.** This is the best, natural position to help expel stool from your colon and reduce your risk of hemorrhoids, and it’s still the way many people around the world go to the bathroom. In your home, you can get many of the same benefits by placing a stool near your toilet to raise your knees, purchasing a special squatting device to modify your toilet, or simply squatting on your own toilet.
Natural remedies for constipation

3. Eat plenty of fiber-rich foods. Vegetables are phenomenal sources of fiber, and I suggest eating those that correspond with your nutritional type freely. For added fiber to help normalize your stool, try whole organic flaxseeds. Grind the seeds in a coffee grinder, then add a tablespoon or two to your food.

You can also try organic psyllium, which I personally use nearly every day. Psyllium is unique because it’s an adaptogenic fiber, which means it will help soften your stool if you’re constipated, or reduce frequency of your bowel movements if you have loose stools.

4. Exercise regularly. This helps stimulate circulation and intestinal function, causing your bowels to move properly.

5. Take a high-quality probiotic. This helps to balance the good and bad bacteria in your gut, which is essential for proper digestive function. Probiotics are also useful in fighting IBS, which can contribute to constipation.

6. Aloe vera and magnesium supplements can also be useful tools to speed up your bowel movements.

Grapefruit Works for constipation as well
Natural remedies for constipation

You can Drink Away Your Allergies

With Progressive DeSensitization

Drink water to cure constipation
Water can cure Constipation

When Exposed Drink Drink Drink Water that is
Red Fruits and Vegetables

<table>
<thead>
<tr>
<th>Red Fruits and Vegetables</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strawberries</td>
<td>anti-inflammatory</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>build strong bones</td>
</tr>
<tr>
<td>Beets</td>
<td>guard against cancer</td>
</tr>
<tr>
<td>Radishes</td>
<td>rich in folic acid</td>
</tr>
<tr>
<td>Red apples</td>
<td>antioxidants</td>
</tr>
<tr>
<td>Watermelon</td>
<td>92 percent water</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>high in calcium</td>
</tr>
<tr>
<td>Cranberries</td>
<td>beneficial to the eyes</td>
</tr>
<tr>
<td>Red cabbage</td>
<td>rich in vitamin C</td>
</tr>
<tr>
<td>Raspberries</td>
<td>rich in minerals like potassium, manganese, copper, iron &amp; magnesium.</td>
</tr>
<tr>
<td>Cherries</td>
<td>brain food</td>
</tr>
<tr>
<td>Red grapes</td>
<td>anti-aging</td>
</tr>
<tr>
<td>Red peppers</td>
<td>support healthy night vision</td>
</tr>
<tr>
<td>Pomegranates</td>
<td>Heart Health</td>
</tr>
</tbody>
</table>

Red fruits help constipation
Natural remedies for constipation

All Disease Starts in the Gut
---Heal the Gut
Heal the Disease

'Hippocrates of Kos'

Let Like
Treat Like

'Hippocrates of Kos'

Crawling, slimy things
terror-bent on
destroying the world!

The Brain
Eaters

Sugar fed bad bacteria
in the gut can take
over your brain like
an alien presence
Natural remedies for constipation

Biofeedback Therapy for Dyssynergic Constipation: Randomized Controlled Trial

Natural remedies for constipation

Spontaneous???

SEEMS LIKE MAGIC
BUT IT IS JUST THE
EDUCTOR

EDUCTOR IS WORKING...

EDUCTOR IS WORKING...

EDUCTOR IS WORKING...

EDUCTOR IS WORKING...

EDUCTOR IS WORKING...

EDUCTOR IS WORKING...

EDUCTOR IS WORKING...

TRAINING FINISHED