

CONSTIPATION PROGRAM

- Take time to eat, eat slowly, and chew food thoroughly.
- Eat smaller, more frequent meals and avoid overeating at one sitting.
- Eliminate refined foods, sugars, caffeine, alcohol, and dairy products from your diet.
- Decrease intake of saturated fats (animal products) and increase essential fatty acids (cold-water fish, nuts, and seeds).
- Eat more fresh vegetables and some whole grains.
- Drink more water, 6-8 glasses per day.
- Stewed or soaked prunes, 1 to 3 a day, have a slightly laxative effect.
- Increase your fiber intake and try adding flax meal. 1 heaping tsp. in 8 oz. of water provides fiber and soothes the digestive tract. Follow with an additional 8 oz. of water.
- Warm lemon water taken first thing in the morning and before meals stimulates digestion.
- Consider digestive enzymes for chronic constipation.
- Vitamin C, 250 to 500 mg, two times per day
- Use probiotics
- Magnesium, 250 mg, two to three times per day