

The Constipation Solution

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Constipation: no one wants to talk about or admit to it but according to the Canadian Association of Gastroenterology approximately one million Canadians a year suffer from constipation¹.

If you suffer from constipation, it is imperative to take action as constipation has many damaging effects on the body including:

- Raising your risk of colon cancer.²
- Causing pressure in the bowels which can stimulate the growth of cancer cells.³
- Psychological distress, anxiety, depression, insomnia and sexual dysfunction.⁴
- Autointoxification; which is when toxic substances are absorbed from the bowels. Autointoxification has been blamed for a long list of health problems, including depression and serious skin problems.⁵

Healthy bowel movements are essential to a healthy body. The bowel is like a sewage system so unless we cleanse the system of toxins daily, they will enter the blood stream and harm the body.

According to conventional medicine, regularity of bowel movements is individual: one person may experience three movements a day while another may experience one every three days. However natural health practitioners believe that the bowel is the foundation of good health and having 2-3 bowel movements daily is important in keeping not only the bowel, but also the body healthy.

Conventional medicine also defines constipation strictly in relation to the *frequency* of bowel movements but those who suffer constipation often describe their complaints a little differently;

- Dry, hard or lumpy stools
- Straining to have a movement
- Incomplete evacuation or feeling like you still need to go
- A sense of difficulty in passing a stool

Causes of Constipation

There are a number of reasons that people suffer from constipation. Some causes are lifestyle oriented like lack of exercise, being dehydrated or eating too many refined carbohydrates. Others are due to factors like prescription drugs, disorders of the endocrine system such as diabetes or hypothyroidism and then there are disorders such as Crohn's disease, irritable bowel syndrome, fibromyalgia, lupus, chronic fatigue, and other inflammatory bowel disorders.

The Natural Constipation Solution.

For most constipation sufferers, the solution is as simple as 1,2,3. For short-term relief, try a natural cleansing formula. For most people two weeks to one month is enough to get moving. Add fibre and oil supplements to ensure things are moving through the digestive tract and toxins are being eliminated. It's that simple and it really works!

¹ <http://www.cag-acg.org/patinfo/constipation.htm> 04/05/2005

² European Journal of Cancer, 2004 Sep;40(14):2109-15

³ Cell Proliferation, 2004 Dec;37(6):427-441

⁴ Journal of Gastroenterology and Hepatology. 2003 Dec;18(12):1412-6

⁵ Journal of the American Academy of Dermatology, 1986 Sep;15(3):559-63

The 1-2-3 supplement solution to constipation:

1. A 2-week to 1-month natural cleansing program.

Your cleansing program can include;

- Magnesium Hydroxide – brings water to the bowel, which softens stool and makes bowel movements easier.
- Cape aloe, buckthorn, rhubarb, and triphala - herbs that help to increase the muscular movement of the colon.

2. Take a daily Fibre Supplement.

Eat more fibre! You've probably heard this all your life, and for good reason. Your colon needs both soluble and insoluble fibres to be healthy, maintain regularity and prevent constipation⁶, so find a fibre supplement that contains both.

3. Take a daily EFA supplement:

Flax oil has been used to treat constipation as well as diarrhea and irritable bowel syndrome (IBS). A combination of flax and fish oil will lubricate the colon, making stool easier to pass.

The 1-2-3 Lifestyle Solution

While the 1-2-3-supplement solution works, also consider adopting the 1-2-3-lifestyle solution.

1. Exercise

The simple act of walking can help relieve constipation. A study in Japan found that walking, along with dietary fibre helped maintain regular bowel function⁷.

2. Drink More Water

The bowels need an adequate water supply to allow for the smooth movement of waste through the colon. If you do not drink enough water, the little bit that you get from food will be absorbed quickly and the waste matter that is left over will be hard, dry and stick to the colon walls.

3. Stress Reduction

Allow more time for your bowel movements; don't rush them. The bowel is very sensitive and responds to lack of routine, travel, stress, trauma and emotional upsets.

Eating for Better Elimination

Eliminating fast foods, junk foods and processed foods from the diet can improve bowel regularity. Eat whole grains, legumes, fruits, vegetables, and nuts & seeds. Dried fruits like dates, prunes and dried apricots, combined with licorice tea can also be used occasionally to keep bowels on schedule.

Constipation doesn't have to be a lifelong disorder. With the proper diet, intake of fibre and fluid, regular exercise, establishment of daily routines and stress reduction techniques, you can make your visits to the bathroom smooth, quick and easy.

For more information on constipation, contact the Digestive Care Experts at Renew Life at 1-800-485-0960 Ext 3 or visit them online at www.renewlife.ca.

⁶ Wien Klin Wochenschr, 2004 Jul 31;116(14):465-76

⁷ European Journal of Clinical Nutrition, 2002 Dec;41(6):244-8