

Constipation Solutions

Are you tired of the pain, discomfort, and embarrassment of constipation? Whether you want to (1) prevent the stress of straining to eliminate, (2) figure out what causes your constipation, or (3) learn how you can be "regular" again, this book will help get you there. How long will you suffer needlessly? The best news of all is that constipation can be healed. With a few simple lifestyle choices you can set yourself on the road to recovery. And most of the time, you can accomplish this all naturally without costly medical treatments! Take the "strain" out of your life with natural treatments. The solutions I propose mostly involve eating foods you already have in your kitchen and making adjustments to your activities that cost you nothing. Not only will you end the pain and embarrassment of long stays in the bathroom due to of constipation, but you will prepare your entire digestive system to function optimally, making it less likely that you will experience constipation again. Yes, you can restore your gut to normal functioning. When I was younger, I used to experience constipation frequently. When I realized this was not normal and that I could be damaging my body in the process, I finally decided to work on a permanent solution. I checked out all the possible treatments, from home remedies to the various treatments offered by the medical industry. Today, i'm happy to report, I'm symptom-free. I live a "regular," active life, and I feel great! Isn't it about time you conquered constipation once and for all? What I'm offering you in this book is the results of my research, the best of what has worked for me and what seems to work the best for most people. What Will You Learn About Constipation? What causes it in the first place. What kinds of activities help you become "regular." What foods and beverages help the most and why. What to avoid while you're returning to normal. All-natural treatments that really help. You Will Also Discover: How your thoughts can impact constipation. The one powerful thing that will make the most difference. Modern medical treatments for constipation. Simple lifestyle choices that can "eliminate" constipation. Live a "regular" life again! Get rid of constipation for good! Buy It Now!

The author has stated in this book that the patients of constipation are increasing day by day, and people are troubled because of not having any permanent treatment because the digestive system is the most important system in the body. And if this system does not work properly, then you will always be tired and sick. So if you see, Home Remedies is a very good option for the treatment of constipation. What are the reasons for constipation and what are its symptoms, and how can we treat them through the home remedies? Because home remedies have no side effects, besides the problem of gas. Home Remedies are also described for it. Overall This book supports the Digestion System and if you read it, then it will be highly beneficial for your health.

Constipation is one of the most common gastrointestinal disease of civilization. Putrefaction and fermentation occurs in the intestine. This acidify our body, weaken our immune system and leads to serious chronic diseases. Constipation occurs when bowel movements become difficult or less frequent. In this naturopathic adviser, I will give you recommendations how to treat and prevent constipation with Homeopathy, Schuessler salts (also named cell salts, tissue salts) and herbal tinctures. I will present you the most proven homeopathic remedies and Schuessler salts, including the appropriate potency and dosage. I wish you much success, joy of life and especially your health.

A Doctor's Fiber Therapy to Cleanse and Heal

A homeopathic and naturopathic guide

Older People Seeking Solutions to Constipation

Proceedings of an International Workshop on Polyethylene Glycol (PEG) Solutions in the Treatment of Chronic Constipation

Whole-Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis, and More

What Your Doctor Didn't Tell You About Childhood Constipation

The Complete Guide to Constipation Relief Naturally

Healthy Smoothie Recipes for Constipation 2nd Edition teaches you how to develop smoothie recipes for natural constipation treatment. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to treat constipation naturally. Healthy Smoothie Recipes for Constipation 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious constipation smoothies.

Your Guide to Complete Digestive Health A healthy digestive system is essential for total wellness, and digestive issues that cause discomfort and pain can seriously hamper our enjoyment of life. While there's no quick fix for curing the gut, effective holistic remedies can naturally, gradually alleviate almost every kind of gastrointestinal problem. In The Healthy Gut Workbook, you'll find a complete plan for restoring your body's delicate balance through gut-friendly meals, simple lifestyle changes, nutritional supplements, and, if needed, medications and medical procedures. You'll learn which foods to add and remove from your diet to dramatically reduce your symptoms right away, and also discover a variety of strategies for maintaining gut health. No matter what digestive problems you suffer with, the healing solutions in this workbook will help you find relief. This book includes integrative treatment plans for: •Heartburn and reflux •Gastritis and ulcers •Diarrhea •Constipation •Excessive gas •Gallstones •Pancreatitis •Liver disease •Irritable bowel syndrome •Crohn's disease •Ulcerative colitis •Diverticulosis •Hemorrhoids Constipation: A Practical Approach to Diagnosis and Treatment serves as an unmet resource for physicians and other health care providers, including trainees and students, who see patients with constipation. The text reviews pathophysiologic mechanisms and details evaluation and management strategies. The volume also enables the reader to identify epidemiologic factors and quality of life parameters for patients with constipation, discuss differences in pathophysiologic mechanisms for different etiologies of constipation, recognize primary causes of constipation, and assess special considerations related to the symptom of constipation including presentations in the elderly, in pregnant women, in patients with systemic diseases, and patients with a history of abuse. Written by thought leaders and recognized experts in gastrointestinal motility and medical education, Constipation: A Practical Approach to Diagnosis and Treatment is of great value and utility for gastroenterologists, primary care physicians, gynecologists, nurse practitioners, physician's assistants, as well as fellows and residents.

How to Treat Constipation: How to Prevent Constipation: Along with Nutrition, Diet, and Exercise for Constipation

Answers And Relief For Women With Constipation

Why Can't I Go?

Great Tasting and Relief Meal Recipes to Cure Hardened Stool and Achieve Optimal Digestive Health

Natural Remedies To Cleanse And Heal

The Laxative Mire

4 Simple Steps

"My child asks for a diaper every time she needs to poop." "My child never poops on the toilet; only in his pants." "My child has to release some feces in his pants before going to the toilet." "My child witholds his poo for days to the point where he can't eat or move." "I am exhausted by the useless trials of offering rewards, giving stool softeners, giving reminders, comparing my child to others, and being furious." If any of those statements sound familiar, this is exactly the book for you. Dr. Baruch Kushnir presents here a description of his intervention model that has freed thousands of children from encopresis by pinpointing 3 different groups: Toilet anxiety: Children who can only poop in a diaper or in their pants. Soiling: Children who can use the toilet for defecation but also release feces into their pants. Soiling and prolonged constipation: Children who refrain from having a bowel movement for many days or even weeks. For each group, he provides a unique, practical, effective, step-by-step program for parents to carry-out. Dr. Baruch Kushnir explains to parents the pointlessness of their repetitive trials of offering rewards, giving stool softeners, giving reminders, becoming angry, comparing their child to others, reading books, etc.In his clinic and in this book, he makes a point of releasing parents and children from the vicious cycle of doing more and more of the same useless, distressing, and damaging actions. Instead, he presents creative, innovative, and effective interventions. Chapter 5 of the book is dedicated to sensitive toilet training and provides a list of Dos and Don'ts to avoid crucial parenting mistakes.

*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 for 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!!!*

This book is a part of the series of books on herbal treatment for common ailment . The nation is to induce people to live closer to nature and to think in terms of leading healthy lives.

The Healthy Gut Workbook

Game-Changing Solutions for Toilet Anxiety, Soiling, and Constipation in Children

Herbal Treatment Constipation

Constipation

Chronic constipation and allied conditions, pathology, etiology, diagnosis and treatment

The Operative treatment of chronic constipation

Its Cause Effect and Treatment

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.

Is your child struggling with chronic constipation and your doctor is only prescribing laxatives? 5% of all visits to pediatricians are for childhood constipation...but most doctors just prescribe a laxative, tell you to increase fiber in your child's diet and send you home. They don't help you to figure out what is causing your child's chronic constipation but just put a bandaid on the problem with a laxative. My son struggled with chronic constipation from birth. I took my son to multiple doctors. They all just prescribed laxatives and sent us home. My son had terrible side effects from the laxatives and his constipation didn't improve. I knew that there had to be a better way. I worked with an integrative medicine doctor to get to the root cause of my son's and ended his years-long constipation struggle. Since then, I have been lucky enough to help thousands of families get their child off of laxatives. This book will help you to find the reason why your child became constipated in the first place and get a game plan to help end your child's chronic constipation. Discover what supplement you can buy at any drug store that will help your child to have daily bowel movements. Learn why laxatives can make your child's constipation, and behavior, worse. Get techniques to help your child overcome withholding and encopresis. Determine what is causing your child's constipation so you can end their struggle permanently. This step by step guide will help you to know what questions to ask your child's doctor, what supplements to give your child to help them finally be able to have a painless bowel movement and what tests to ask your child's doctor to run. Solutions for constipation in infants, toddlers, kids and teens how to potty train a constipated child, and information to help you figure out what is causing your child's constipation so you can end it quickly and permanently. For less than the cost of one bottle of laxatives, you can find solutions that will end your child's chronic constipation permanently. Scroll up and click the buy button now.

By and large, constipation may be defined as having fewer than three bowel movements per week. Besides that, this can also infer the passage of dry, hard stool or the passage of no stool at all. As a matter of fact, this typically occurs when the movement of feces through the large intestine is slow, as a result, allowing time for additional re-absorption of fluid from the large intestine. Well, to be specific, here are some associated signs that you may be having constipation: • Difficult evacuation of stool and increased effort or straining of the voluntary muscles of defecation. • The person may also have a feeling of incomplete stool evacuation after defecation. Thus, careful assessment of the person's habits is necessary to be able to know what caused constipation. Yes, bowel irregularity or constipation has been the problem of many, which is difficult but not impossible to prevent as it can actually be prevented. Constipation is the abrupt tightening of the intestine or sudden irregularity of the intestines to let the food go down to the anus for waste excretion. Though, it is characterized by intestinal aches and stomach pains caused by food in the stomach... well, the result is without doubt the difficulty in excreting waste product out of the body. Besides that, it is quite amazing that angry and prickly feelings can actually be linked to constipation as when you feel severe pains against your bladder; your mood can definitely not remain the same again. Yes, the truth is that constipation does affect one's mood as the feeling of awkwardness and uneasiness cannot be over looked. But, bear in mind that this medical condition is known to affect about 2.5 million people on a yearly basis if we are to put into consideration the number of visits doctors receive on this issue alone. Besides, it has also been shown that women suffer more from this condition compared with the male folks especially during pregnancy. Without question, this is because the enlargement of the uterus or womb typically puts a lot of pressure on the intestines. • Do you usually find it difficult to pass stool each time you visit the restroom? • Do your stools typically appear lumpy and hard? • Do you feel you still need to go back to the toilet few minutes after leaving the restroom? • Do you habitually have less than three bowel movements per week? Now, if your response to the above questions is yes, then you are most likely suffering from constipation and I know you will need this book ... yes, it promises to be of great help to you, and to any one with the condition! Just make sure you go through with a pen and paper to take note.... Get your copy today!

The Constipation Diet

Powerful Constipation Natural Remedies

The Clinical Evidence and Published Research

Constipation Relief And Digestive Health

Encopresis-- You Can Beat It!

Fast Constipation Relief: Natural Constipation Remedies That Cure Constipation Forever!

There are over 13 million American women who can't go. They have severe constipation. They can't move their bowels or they can't get waste out of their body. These problems are usually due to a paralyzed colon caused by a virus or a pelvic hernia caused by vaginal childbirth or straining. If you were embarrassed to ask your doctor about this or did but couldn't get help, this is the book for you.

The Complete Guide to Constipation Relief Naturally offers invaluable help and advice to people, suffering from constipation. It will not only throw light on the causes of your constipation but, more importantly, show you how to cure it naturally with proper diet, proper drinking habits, correct use of supplements, herbs, folk remedies, easy to do home enemas, self-abdominal massage, exercise, and a lot more.

At the end of this book you will also find simple recipes for juices, smoothies, soups, lunches and dinners that will help you stay constipation free. About the Author: Petra Ennis is a Colonic Irrigation Therapist & Yoga Teacher and over the years has specialised in constipation relief and its many causes.

This eBook proposes natural cures for constipation including the best foods and supplements, the safest herbal remedies, the most natural laxatives, and the easiest non-constipating recipes which enhance metabolism and promote bowel movement. It also offers fast and lasting relief through alternative therapies and stress-reducing exercises which relax the body and stimulate the colon. All summed up as Natural Remedies, they not only rid you of the condition but also release you from your dependence on laxatives, lubricants, and other constipation-relieving products. For these "home remedies" to work, our eBook requires you to change the way you think, eat, exercise, and manage stress. With all these changes, you will develop a lifestyle that cures and prevents you from being constipated ever again. In the end, it is possible for you to be constipation-free, and to enjoy bowel movements which are easier, more regular, and more natural!

Colon Hydrophathy

Encopresis- You Can Beat It!

The Homeoeopathic Treatment of Indigestion, Constipation, and Haemorrhoids

A Common Problem with Many Solutions

The Homeoeopathic Treatment of Constipation

Freedom from Constipation

Prevent Constipation and Find Fast Constipation Relief with This Handbook's Natural Constipation Remedies and Learn More about What Causes Constipation, Chronic Constipation and a Lot More!

Constipation is a morbid affection characterized by the infrequency and the hardness of the stools and it is symptomatic of a great number of diseases.

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 • Re 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: 1. 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 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.

The most important thing to remember is that "Constipation is not a sickness, or illness or disease. It is a symptom of something we do (or don't do)". Constipation is generalized as a condition where bowel movements are infrequent, resulting in a hard, dry stool. Many experts suggest that you should have at least 1 bowel movement each day, and some even suggest you should have a bowel movement for every meal! The causes of constipation are many and varied, but the most common are (i) dehydration, (ii) lack of exercise, and (iv) unhealthy colon. When you read through this list of common causes, the solution to constipation should smack you right in the face, and get you thinking about your diet, exercise and your outlook on life.If it doesn't, you need to read on.

To Know Constipation Symptoms, Reasons, Home Remedies for Constipation and Gas

The Non-surgical Treatment of Intestinal Stasis and Constipation

Natural Remedies for Constipation

The Homeoeopathic Treatment of Indigestion, Constipation, Haemorrhoids, & Diseases of the Liver

Home Remedies For Constipation

Constipation in Children

Breakthrough Solutions to Your Child's Wetting, Constipation, UTIs, and Other Potty Problems

Dr. Baruch Kushnir presents a description of his intervention model that has freed thousands of children from encopresis by pinpointing 3 different groups: 1. Toilet anxiety 2. Soiling 3. Soiling and prolonged constipation

In this step-by-step guide, Kingsley Moore 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.

An easy-to-follow plan to regain a healthy gastrointestinal system-and relieve problems from gas to bloating to IBS. Close to 100 million Americans suffer from chronic-and sometimes very serious- gastrointestinal conditions. Prominent gastroenterologist Dr. Wesley Jones has found that virtually all digestive problems have one single underlying cause-constipation. Our modern diets and stressful lifestyles can make poor digestion such a common experience that sometimes people don't even realize they have already helped thousands relieve and prevent constipation-related gastrointestinal problems for life. No one wants to talk about constipation, but millions suffer from it. Take as evidence the ubiquitous ads for Dannon's billion-dollar brand, Activia, which features Jamie Lee Curtis talking about "occasional irregularity." Constipation is one of the most common gastrointestinal complaints in the United States, resulting in about two million doctor visits annually. However, most people don't know that there are many natural remedies available to help you get your digestive system back on track. Now, this book will offer them a safe, proven, easy-to-follow program to relieve constipation once and for all. Because it's not just uncomfortable-it's unhealthy!

Constipation Cure

Constipation Cookbook

Cure Constipation Now

Constipation Relief & Gut Healing Cookbook

Recipes to Relieve Constipation and Heal the Gut

13 Quick Ways to Get Rid of Constipation

Constipation - Treatment with Homeopathy and Schuessler salts (homeopathic cell salts)

Proven, practical advice for treating and preventing potty problems

Fast Constipation Relief: Natural Constipation Remedies That Cure Constipation Forever!Lulu Press, Inc

This book on constipation in children contains a complete update of this common problem in the world. It has been written by authors from 9 countries, who are experts in this field. In most cases, constipation is functional in origin, but one mustn't forget the organic causes such as Hirschsprung's disease, endocrine-metabolic disorders (Hypotiroidism, hypokalemia) or digestive diseases such as celiac disease or cystic fibrosis. Over the course of 18 chapters, this book describes the epidemiology and genetics of constipation, the anatomophysiology of defecation, the physiology, pathophysiology, anterior ectopic anus, clinical evaluation, diagnostic testing of defecation disorders, colonic dysmotility, differential diagnosis (functional vs. organic), and several treatment options (medical and surgical). The book ends with long-term results in children with chronic constipation, and with the latest advances in future cellular therapies (Stem Cells) for defecation disorders.

A Practical Approach to Diagnosis and Treatment

Recipes for Constipation Relief and Gut Healing

Top 50 Natural Constipation Remedies Recipes for Beginners in Quick and Easy Steps

Healthy Smoothie Recipes for Constipation 2nd Edition

The Comprehensive Constipation Guide with Special Constipation Remedies as Home Remedies for Constipation and Bloating That Gives Fast Constipation Relief Today!

Constipation Diagnosis and Treatment: Straight Talk About Natural Remedies for Constipation
It's No Accident

This Good Health Guide discusses the function of the digestive tract, the importance of diet, situations where constipation may strike, and how to overcome the problem without compromising your health.

Colon Hydrophathy The Clinical Evidence and Published Research This book contains Clinical Research Published papers and clinical cases. This is one of the best books on the Therapeutics of Colon Hydrophathy. A must have to anyone who is interested in Hydrophathy and in Health in general. The Aim of this Book To make available in a second volume, a clear and systematic record of Research and Clinical observations, of the countless clinicians in regards to the beneficial therapeutic application and its value on the treatment of chronic health conditions. To further complement the information published in the book "Colon Hydrophathy The Clinical Evidence and The Health Conditions That Helps To Resolve". This book, is intended to educate the general public, and to be used as a tool for those who wish to pursue a career in a Health Care Profession. CONTENTS Introduction I Chapter 1 The Colon as a Focus of Infection..... Some of the Causes of Constipation..... Colon Physiology..... Care of the Colon..... Flushing of the Colon..... The Rectal Tract as a Source of Infection..... The Clinical Picture of Constipation..... Chronic Intestinal Toxaemia in Children, "Recognition of the "Intestinal Child"..... Principles of Treatment, Intestinal Lavage..... Constipation the Cause of Many Ills..... Health Dependent on Intestinal Cleanliness..... Symptoms of Intestinal Toxaemia..... Neurasthenics Are Victims of Toxicosis..... Constipation the Root of Most Ills..... The Baneful Proctitis.....

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Constipation can happen for many reasons, such as when stool passes through the colon too slowly. The slower the food moves through the digestive tract, the more water the colon will absorb and the harder the feces will become.A person who poops fewer than 3 times per week may have constipation.Sometimes, constipation results from a blockage in the large intestine. In this case, a person will need urgent medical attention. At other times, it may simply be due to a lack of fiber or water.This article will cover the main causes of constipation and how to treat or prevent it.

Diagnosis and Treatment

Natural Remedies for Digestive Health

The Homeopathic Treatment of Indigestion, Constipation, and Hæmorrhoids

Natural Relief from Constipation

Game-changing Solutions for Toilet Anxiety, Soiling, Constipation

Constipation Natural Remedies When it comes to Constipation remedies, you get them here. There is no way that you can still have constipation after applying some of the constipation home remedies here when done in combinations. Not only do you get the remedies, but you also get the best way to use them. Constipation Relief Most people with constipation want quick constipation relief. In some cases, this can happen, depending on the severity of the issue and the remedy being used. If you have a limited number of constipation treatments that you can use, you might not find the right one for your condition. This will not happen with the information you get in this Powerful Constipation Remedies book. You will get more remedies than you need to cure your constipation. Action To Take Buy this book now, by clicking on the buy button. Action To Take Buy this book now, by clicking on the buy button.

Constipation is a common problem for people of all ages. When constipation occurs, it can be painful and can affect many aspects of your health and daily life. The potential causes for constipation vary depending on age, medical conditions, eating habits, and lifestyles. In this book, Yuchi Yang, a registered dietitian, offers you a practical food and nutrition guide to alleviating constipation: -Chapter 1: Risk Factors and Beneficial Behaviors -Chapter 2: Four Simple Steps-Chapter 3: Constipation Relief for Kids-Chapter 4: Constipation Relief for Elderly-Chapter 5: Examples of 14 Healthy Breakfasts, Lunches, Dinners, and Snacks "The great aim of education is not knowledge but action." - Herbert Spencer. This book is designed to be a dietary guide that you can refer to and record your success. This book includes some study findings and the author's dietary suggestions. There are relevant tools and tables included in this book. When you make your own meal plan, you can refer back to the tables and examples. In addition, this book provides answers to some of the most frequently asked questions. For example: -How much dietary fiber do you need?-What is a good ratio of different fats?-How can I help my kids to alleviate constipation? -How about dietary supplements?The author, Yuchi Yang, has been a registered dietitian for more than twenty years. She has helped many people successfully alleviate their constipation through dietary changes. Here is a quote from one of her clients: "I have been following your dietary suggestions. I feel great! I am no longer constipated. And I have discontinued taking the dietary fiber supplements. I have my bowel movement every day and the stool is soft. And my belly looks smaller now! Thanks a lot!"

Many people suffer with constipation and though it may appear to be an amusing situation for those looking in, for the person who has to live with this condition it can be a serious problem. Constipation home remedies are often the first port of call for someone who has constipation and with good reason; most of these home remedies work and work very well. The symptoms of constipation can range from nausea, leg pains, headache, flatulence, fever and loss of appetite. All of which should not be underestimated and can become a problem in themselves. It should be noted at this point, that even if bowel movements are occurring, there could still be constipation. In this incredible book learn everything there is to know about: - Chronic Constipation - Constipation and Natural Remedies - Constipation Home Remedies Using Juices - and More GRAB YOUR COPY TODAY!